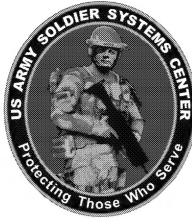


**TECHNICAL REPORT
NATICK/TR-08/002**



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EVALUATION OF THE LONG RANGE PATROL PACKET

by
Wendy K. Johnson
and
F. Matthew Kramer

November 2007

Final Report
June 2004 – April 2006

Approved for public release; distribution is unlimited

**U.S. Army Natick Soldier Research, Development and Engineering Center
Natick, Massachusetts 01760-5020**

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14. ABSTRACT An evaluation of new items for future versions of the Long Range Patrol Packet (LRP) and Meal, Cold Weather (MCW) was conducted at Grafenwoehr, Germany. The current LRP was evaluated for comparative purposes. The evaluation consisted of issuing the LRP to soldiers during 4 days of regular field training. Surveys concerning intake and acceptability were collected daily.																					
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Preface

This report details a field evaluation performed under the program element number 643747. The evaluation was done from June 2004 to April 2006. The primary purpose of this evaluation is to test candidate items in the field to discover if they are suitable for future versions of the Long Range Patrol (LRP) and Meal, Cold Weather (MCW) food packets, and to evaluate the items in the current version of the LRP/MCW. The evaluation took place at Grafenwoehr, Germany with the 51st Infantry (Long Range Surveillance) 1-65 MI BN (Echo Company) during regular field training.

Acknowledgments

This work was made possible through assistance from personnel at Natick Soldier Center (NSC). Thanks to Mark Sharp, Operational Forces Interface Group (OFIG) representative, who acted as a liaison with the troops before and during the evaluation. Thanks also to Justine Federici and Jane Johnson of the Supporting Science and Technology Directorate, and Vicki Loveridge of the Combat Feeding Directorate. Finally, we express our gratitude to Echo Company of the 51st Infantry (Long Range Surveillance) of the 1-65 MI BN stationed at U.S. Army Garrison, Darmstadt, Germany for their support and cooperation through all phases of the evaluation, from initial planning through final completion of data collection.

EVALUATION OF THE LONG RANGE PATROL PACKET

INTRODUCTION

The Long Range Patrol packet (LRP) and the Meal, Cold Weather (MCW) are dehydrated rations which meet different needs using the same foods and components in slightly different configurations. The LRP food packet is issued as one tan bag and provides 1,540 calories, thus meeting the Surgeon General's nutritional requirements for restricted calorie eating. At less than one pound, it also meets the low weight and volume requirements of the Special Operational Forces. In comparison, a days worth of the Meal, Ready-to-Eat (MRE) comes in 3 bags (each weighing a pound and a half) and provides approximately 3,900 calories. The MCW is issued as three white bags and provides 4,620 calories per day, meeting the caloric requirements of a cold weather ration. The Surgeon General's requirement for cold weather feeding is a minimum of 4500 calories; it would be necessary to issue four MREs a day to meet this requirement.

The current evaluation is focused on the LRP, but since the LRP and the MCW share menu components, new items selected based on this evaluation will be incorporated into both ration systems. The twelve current LRP menus were field tested alongside twelve nutritionally complete test menus which contained both current and proposed LRP components. Most of the beverages in the test menus were packaged in the new 'drink pouch,' an hourglass shaped pouch with a pinch seal which may be used to prepare and drink the beverage it contains. The test menus also included eighteen other components which are being considered for this ration. These new components include four new entrees (Mexican Chicken, Seafood Chowder, Chili Macaroni and Chicken Teriyaki), performance enhancing items (sports drinks, Hooah bars and the First Strike dairy bars), freeze-dried ice cream sandwiches, corn nuts and a new trail mix. The test also included items that have been evaluated during the 2004 MRE field test such as the frosted toaster pastry, pizza cheese spread and chocolate peanut butter.

METHODS

An evaluation of the Long Range Patrol Packet (LRP) was conducted in Grafenwoehr, Germany 25 – 30 June 2005 with E Company of the 51st Infantry (Long Range Surveillance) 1-65 Military Intelligence Battalion regularly stationed at Darmstadt, Germany. Long Range Surveillance (LRS) teams are an ideal test group for the LRP, because of their low weight and volume requirements. Eighty-five soldiers from Echo Company participated in the complete evaluation. During the evaluation, it was determined that there were enough rations to also feed Echo Company's Communications group (n=20) for one day, and they were pleased to participate. All participants completed a Background Questionnaire and a meal card for each LRP eaten. Those who participated in the entire evaluation also completed a Final Questionnaire.

Daily Routine: The participants in this evaluation were issued the LRP as their sole source of food for four days. Each of the soldiers was issued 2 meals one day, then 1 meal the next day. Meal cards were filled out by the soldiers for each LRP meal that they ate (Appendix I). The soldiers marked which items they ate that day, how much water they added to them, rated the acceptability (liking) of the LRP items, and answered questions about food preparation. A Background Questionnaire (Appendix J) was completed before the first issue, and a Final Questionnaire (Appendix K) was completed at the end of the evaluation.

DEMOGRAPHICS/BACKGROUND

The Military Occupational Specialty (MOS) for 83.2% of the participants is 11 B (Infantry). The mean age of the group is 23.9 years (range: 18 to 35 years), average time in the Armed Services is 4.1 years (range: 4 months to 17 years), and on average they had been stationed in Germany 1½ years (range: 1 month to 5 years). Almost half (45.8%) had never participated in real-world Military Operations, 43.9% had participated in Operation Iraqi Freedom, 18.7% had participated in Operation Enduring Freedom, and 12% had participated in other military operations. (More detailed demographic information is included in Appendix A.)

Pre-evaluation, most of the participants report that they have never had the Long Range Patrol (86.0%), the Ration, Cold Weather (86.0%), or the Meal, Cold Weather (72.0%) at all. Not surprisingly, they also report that they are usually never issued the Long Range Patrol (92.5%), the Meal, Cold Weather (83.2%) or the Ration, Cold Weather (79.4%) while in the field. Of those who have had these rations (Table 1), seventy percent assigned positive ratings to the MCW, the LRP (73.3%) or the RCW (73.3%).

Sixty percent (62.8%) are “always” or “almost always” issued the Meal, Ready-to-Eat (MRE). Over half (57.0%) of these soldiers rated the MRE positively (“like slightly” or better) on the 9-point scale. Twenty percent (19.8%) rated the MRE negatively (“dislike slightly” or lower, the remaining respondents “neither like nor dislike” the MRE).

Table 1. How much do you like/dislike the following rations (N).

	Long Range Patrol	Meal, Cold Weather	Ration, Cold Weather	Meal, Ready-to-Eat
Dislike	2	2	1	21
Neutral	2	6	3	24
Like	11	22	11	61
Total N	15	30	15	106

Beverage Use: Because the beverages in the LRP are often identical to the beverages in the MRE, the participants were asked questions about MRE beverage use for background information (Figure 1). Most of those who have tried these MRE beverages find the Dairy Shakes, Beverage Base, Cocoa, Cappuccino, Lemon Tea, and Coffee acceptable (ratings of “like slightly” to “like extremely”). Twenty-three percent have never tried the Apple Cider, while 32.7% like it at least slightly and an equal percentage (30.8%) dislike it (slightly to extremely).

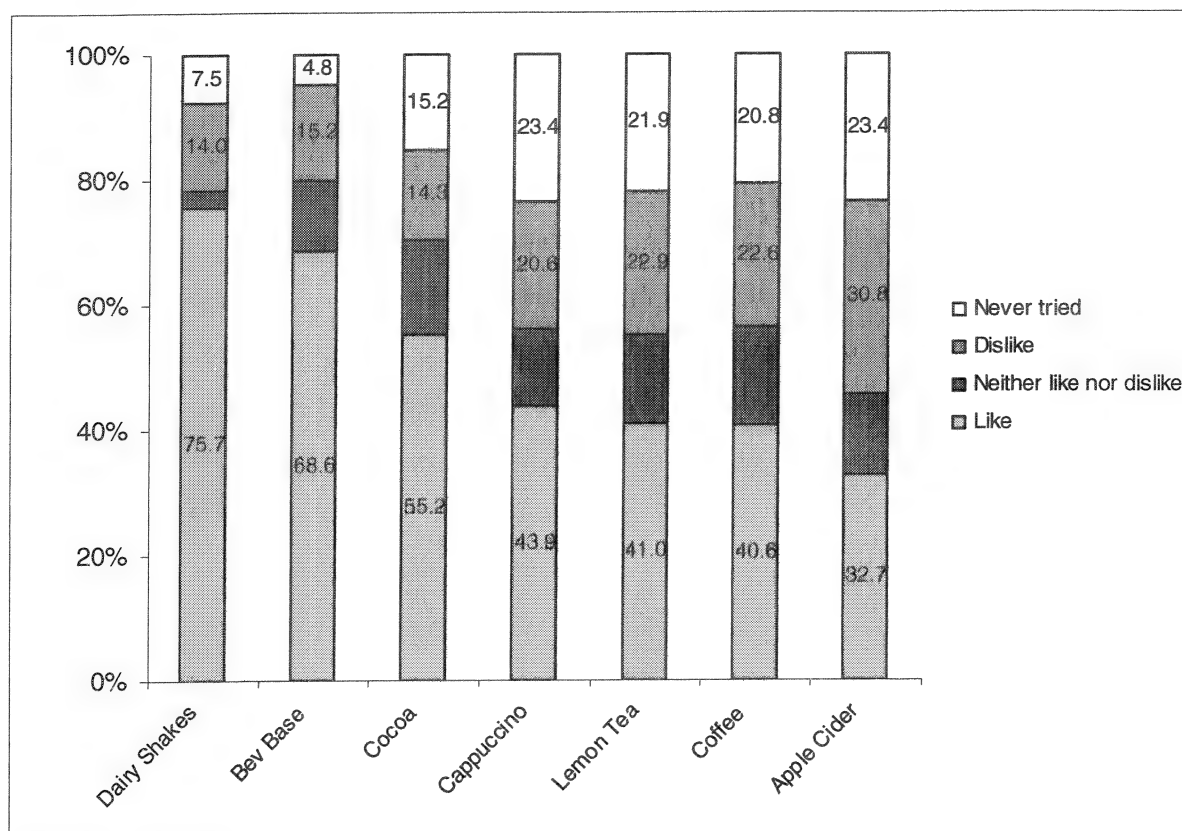


Figure 1. Acceptability of MRE Beverages (Background Questionnaire).

9-point Like / Dislike Scale:

Dislike Extremely	Dislike Very Much	Dislike Moderately	Dislike Slightly	Neither like Nor dislike	Like Slightly	Like Moderately	Like Very Much	Like Extremely
1	2	3	4	5	6	7	8	9
DISLIKE				NEUTRAL	LIKE			

Asked how often they hydrate the MRE beverages, seventy percent reported pre-evaluation that they hydrate the Dairy Shakes at least half of the time (Figure 2). Thirty to forty percent hydrate the Beverage Base, Lemon Tea, Cappuccino, and Coffee more than half of the time.

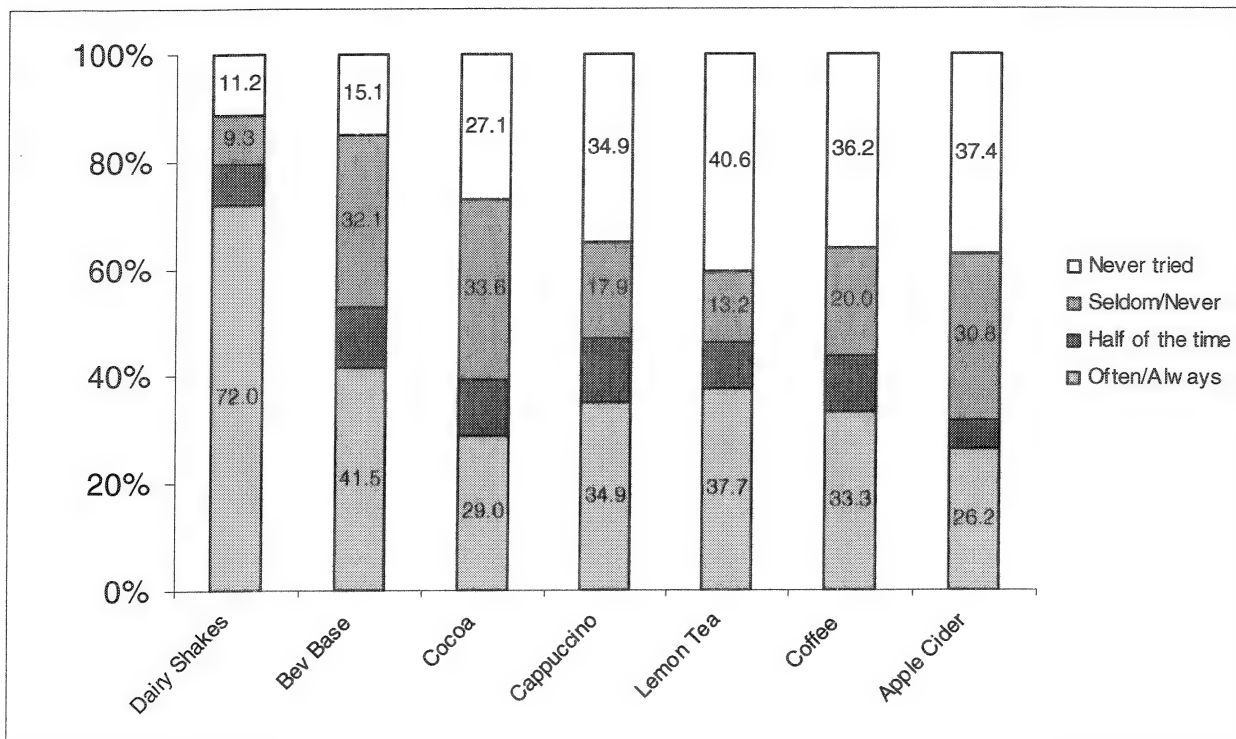


Figure 2. How often hydrate MRE beverages (Background Questionnaire).

Nearly half (48.6%) of the participants report pre-evaluation that nothing keeps them from drinking their MRE beverages. A third (33.6%) do not drink their MRE beverages because they do not want to clean their canteen cup, and 15.0% do not drink the beverages they do not like (Table 2). According to the write-in responses, 3 do not carry their canteen cup, 2 eat the beverage base, 1 finds it difficult to measure water, and another prefers plain water.

Table 2. What keeps you from drinking the MRE beverages? (Background Questionnaire).

Reason	Count	%
Nothing	52	48.6
Do not want to clean my canteen cup	36	33.6
Dislike beverage	16	15.0
No way to heat water	14	13.1
No time to make	12	11.2
No hot water	12	11.2
Not enough water	11	10.3
Other	9	8.4
No time to drink	2	1.9
Total N	107	

Bottled Water: Most (74.8%) report that, in the past, they have “never” or “almost never” been issued bottled water during Field Training Exercises. However, 79.4% of those who have been deployed at least once report that they are “always” or “almost always” issued bottled water during real world deployments. (During the current evaluation, both bottled water and water buffaloes were observed in the field.)

RESULTS

Acceptability

Statistical Analysis: The mean acceptability ratings reported in the following tables (Table 3 through Table 10) reflect the ratings the soldiers gave each item on the meal cards at the time they ate them. The 9-point acceptability scale which was used ranges from “dislike extremely” (1) to “like extremely” (9) with a mid point of “neither like nor dislike” (5). A mean rating is considered positive if it is equal to or greater than 6.0 (“like slightly” or higher).

The total number (n) for each mean reflects how many different soldiers tasted and rated the item. If a soldier tasted and rated an item more than once over the course of the evaluation,

the average of those ratings was used to compute the mean rating in the tables below (one rating per item per participant). This is done to avoid artificially inflating the acceptability of an item, since people are likely to eat foods they enjoy more often than items they do not enjoy. (The “Standard Deviation” is a measure of how greatly the responses are spread on the 9-point scale. The “Median” is the rating which falls in the middle of the responses, so that, when listed in order, half the responses fall below and half of the responses fall above this rating. The “Mode” is the rating which most frequently occurs over all of the responses for that item. Multiple modes are possible.)

Acceptability Ratings: Nine of the fifteen available entrees (Table 3) have mean ratings which fall between “like slightly” and “like moderately” on the 9-point scale. The mean ratings for the remaining six entrees fall between “neither like nor dislike” and “like slightly.”

Table 3. Mealcard Acceptability Ratings: Entrées.

Item	Mean Rating	Standard Deviation	Median	Mode	N
*Seafood Chowder	6.94	1.63	7.0	7	40
Spicy Oriental Chicken	6.67	1.80	7.0	8	21
Beef Stew	6.66	1.60	7.0	7	19
Turkey Tetrazzini	6.47	1.86	6.8	6, 8	16
Spaghetti & Meat Sauce	6.45	2.04	7.0	8	20
Beef Stroganoff	6.43	2.18	7.0	7	21
Chicken & Rice	6.35	1.84	7.0	7	20
*Mexican Rice & Chicken	6.14	1.84	7.0	7	36
Lasagna	6.00	2.36	7.0	8	19
*Chili Mac with Beef	5.99	2.13	6.5	7, 8	34
Eggs with Bacon	5.88	2.18	6.0	7	37
Western Omelet	5.84	2.48	6.0	5	61
Sweet & Sour Pork with Rice	5.65	1.80	6.0	7	23
Beef Teriyaki with Rice	5.42	2.39	6.0	8	33
*Chicken Teriyaki	5.39	2.41	6.0	7	37

*Proposed New Item.

All five of the starches issued during this evaluation have positive mean ratings (Table 4), with the mean rating for Granola falling between “like moderately” and “like very much,” and the mean ratings of the remaining four falling between “like slightly” and “like moderately.” Thirty-eight percent (37.5%) gave the highest rating to Granola (Table 4, Mode), and 27.7% gave the highest rating to the Oatmeal (9 or “like extremely”).

Table 4. Mealcard Acceptability Ratings: Starches.

Item	Mean Rating	Standard Deviation	Median	Mode	N
*Granola	7.28	2.00	8.0	9	32
Oatmeal, Flavored	6.93	2.45	8.0	9	47
Ramen Noodles	6.61	1.86	7.0	7	45
Cream Of Wheat Cereal	6.47	2.50	7.0	8	17
Cracker	6.21	1.71	6.5	7	69

*Proposed New Item.

There were 5 types of food bars available during this evaluation, all of which have positive mean ratings (Table 5). The Peanut Butter Dairy bar and the Fig bar have mean ratings which fall between “like moderately” and “like very much,” while the remaining bars have mean ratings which fall between “like slightly” and “like moderately.” The mode for the Peanut Butter Dairy bar (36.8%) the Fig bar (30.2%) and the Banana Walnut Dairy bar (35.3%) is “like extremely” (9).

Table 5. Mealcard Acceptability Rating: Bars.

Item	Mean Rating	Standard Deviation	Median	Mode	N
*Dairy Bar, Peanut Butter	7.37	1.71	8.0	9	19
Fig Bar	7.14	2.00	8.0	9	43
*Dairy Bar, Banana Walnut	6.71	2.49	7.0	9	17
*Hooah Bar, Cran-Raspberry	6.68	2.34	8.0	8	34
Sports Bar, Chocolate	6.20	2.20	7.0	7	33

*Proposed New Item.

All of the six snack items have mean ratings which fall between “like slightly” and “like very much” on the 9-point scale (Table 6). The mode for the Smoked Almonds (36.8%) is the highest rating (9 or “like extremely”).

Table 6. Mealcard Acceptability Rating: Snacks.

Item	Mean Rating	Standard Deviation	Median	Mode	N
Combos (Filled Pretzels)	6.79	2.20	7.0	7	19
*Corn Nuts	6.76	1.95	7.0	7	46
*Smoked Almonds	6.58	2.81	7.0	9	19
Raisin Nut Mix	6.57	2.02	7.0	7	60
*Dried Fruit, Cranberries	6.56	2.45	7.0	7	16
*Trail Mix	6.46	2.16	7.0	8	42

*Proposed New Item.

All of the four spread items have mean ratings which fall between “like slightly” and “like very much.” The mode for the Chocolate Peanut Butter (27.3%) is the highest rating (9 or “like extremely”).

Table 7. Mealcard Acceptability Rating: Spreads.

Item	Mean Rating	Standard Deviation	Median	Mode	N
Peanut Butter	6.83	1.90	7.3	8	38
*Chocolate Peanut Butter	6.82	2.46	8.0	9	33
Cheese Spread	6.80	2.14	7.0	7	15
*Pizza Cheese Spread	6.59	2.21	7.0	7	17

*Proposed New Item.

The candy with the highest rating (M&M's) has a mean rating which corresponds to "like very much" (Table 8). The mean ratings for the next two candies fall between "like moderately" and "like very much," and the remaining two fall between "like slightly" and "like moderately." The mode for the M&M's is the highest rating, which represents half of the participants (51.4%) who tried this item. The mode for the Peanut Butter M&M's (37.5%), the Tootsie Roll (38.5%), and the Chuckles (35.0%) is the highest rating.

Table 8. Mealcard Acceptability Rating: Candy.

Item	Mean Rating	Standard Deviation	Median	Mode	N
M&M's	8.11	1.15	9.0	9	37
M&M's, Peanut Butter	7.44	2.07	8.0	9	32
Tootsie Roll	7.38	1.56	7.0	9	13
Chuckles	6.95	2.11	7.0	9	20
*Walnettos	6.00	1.80	6.0	8	14

*Proposed New Item.

Five of the seven dessert items have mean ratings which fall between "like moderately" and "like very much," while the remaining two have mean ratings which fall between "like slightly" and "like moderately." The mode for the Shortbread Cookies (32.6%) is the highest rating. There are multiple modes for the Ice Cream Sandwich (30.3%), and the Frosted Toaster Pastry (29.0%), with approximately thirty percent giving each of these items the highest rating (9 or "like extremely") and an additional thirty percent giving the second highest rating to these items (8 or "like very much").

Table 9. Mealcard Acceptability Rating: Desserts

Item	Mean Rating	Standard Deviation	Median	Mode	N
Shortbread Cookies	7.60	1.64	8.0	9	43
*Ice Cream Sandwich	7.27	2.02	8.0	8,9	33
*Toaster Pastry, Frosted	7.24	2.03	8.0	8,9	31
Chocolate Covered Cookie	7.06	2.10	8.0	8	36
Pound Cake	7.03	1.78	7.0	7	32
Toaster Pastry, Unfrosted	6.82	1.41	7.0	7,8	37
Fudge Brownie	6.03	2.26	7.0	7	44

*Proposed New Item.

Of the thirteen beverages, Strawberry Dairy Shake and Lemon-lime Sports Drink have mean ratings which correspond to “like very much,” and two have mean ratings which fall between “like moderately” and “like very much.” Six have mean ratings which fall between “like slightly” and “like moderately,” and the mean ratings for the remaining two items fall between “neither like nor dislike” and “like slightly.” The mode for the Strawberry Dairy Shake is the highest rating, representing over half of the participants who tried this item (56.3%). There are multiple modes for the French Vanilla Cappuccino with twenty percent (19.1%) rating it 9 or “like extremely” and another twenty percent (19.1%) rating it 7 or “like moderately” on the 9-point scale.

Table 10. Mealcard Acceptability Ratings: Beverages and Condiments.

Item	Mean Rating	Standard Deviation	Median	Mode	N
*Dairy Shake, Strawberry	8.06	1.44	9.0	9	16
*Sports Drink, Lemon-lime	8.04	0.78	8.0	8	13
*Sports Drink, Fruit Punch	7.37	1.21	7.0	7	19
*Sports Drink, Orange	7.18	1.88	8.0		17
Orange Beverage	6.95	1.91	7.0	7,8	60
Cappuccino, Mocha	6.76	1.86	7.0	8	23
Coffee	6.56	1.90	7.0	8	34
Sugar	6.51	1.96	6.8	5	33
Beverage Base	6.48	1.87	7.0	7	27
Cocoa	6.35	1.85	7.0	7	53
Cappuccino, French Vanilla	6.29	2.32	7.0	7,9	21
Creamer	5.64	1.84	5.5	5	26
Cider	5.46	2.44	6.0	7	17
Lemon Tea	5.07	2.55	6.0	6	15

*Proposed New Item.

To be Dropped from the LRP: On the Final Questionnaire of the evaluation, the participants were given the opportunity to request that specific LRP items be dropped from the menus (Table 11; the complete lists are located in Appendix D). Three-quarters wished to keep all of the LRP Starch items, over half wished to keep all of the Beverages, half would like to

keep all of the Snacks, just under half want to keep all of the Sweets, and a third want to keep all of the available Entrees.

Twenty-seven percent would drop the Cider (neutral mean rating, Table 10) from the LRP, and twenty-three percent would drop the Seafood Chowder entrée from the LRP. All other requests to drop items were selected by less than twenty percent of the respondents. Of all of the LRP items, four were **never** suggested for deletion from the menus: Chocolate Covered Cookie, Banana Walnut Dairy Bar, Peanut Butter Dairy Bar, and the Orange Sports Drink.

When compared with the acceptability results (Table 3), it seems odd that the Seafood Chowder, which has a mean rating of “like moderately,” would emerge as one of the entrees over twenty percent of the participants request to be dropped. When matched to the meal card data, we find that 13 out of the 19 who wish to drop the Seafood Chowder never had this item over the course of the evaluation (10 were never issued the item, and 3 were issued the item, but reported that they did not eat it). This finding suggests that the respondents were reacting to the name of the entrée, rather than to the merits of the actual entrée itself. (Meal card acceptability ratings are considered valid only when the participant has tasted the item.)

Table 11. Requests for LRP foods to be dropped (Final Questionnaire).

LRP Foods (20% or more)	Count	Percent
No Starches to be dropped	63	75.0
No Beverages to be dropped	45	53.6
No Snacks to be dropped	42	50.0
No Sweets to be dropped	40	47.6
No Entrees to be dropped	31	36.9
Cider	23	27.4
Seafood Chowder	19	22.6

To be Added to the LRP: The participants were also given the opportunity to suggest items for the LRP. A wide variety of foods were suggested, and the complete list of requests is found in Appendix E. The most requested items are in the candy category (n = 10), including Skittles (n=3), M&M Peanuts (n=2), Snickers (n=2), Twizzlers and chocolate. In addition, there

were nine requests for a way of heating water, and five requests for Dairy Shakes (vanilla=2, chocolate, and “more”).

HYDRATION OF LRP ITEMS

Entrees: The dehydrated LRP entrees are designed to be eaten hydrated or unhydrated. The participants were asked on the meal card to estimate how many ounces of water they added to each of the food items. To help with the estimation, each meal card described a third of a canteen cup as 8 ounces and a half of a canteen cup as 12 ounces. Most of the time the participants report adding some water to the entrée.

For 13 of the 15 entrées (Table 12), 12 to 16 ounces of water was typically added to the entrée (a detailed table is included in Appendix C). The Eggs with Bacon entrée only requires 8 ounces of water; these instructions were precisely followed 35.0% percent of the time. Half of the time (55.0%) 2 to 11 ounces of water were added to the eggs, and forty-three percent (42.5%) of the time 12 to 16 ounces of water was added to this entrée. Half of the time (50.0%) 12 ounces of water was added to the Turkey Tetrazzini.

Table 12. Mealcard estimates of amount of water added to the LRP entrees (Percent).

Ounces	Mexican Rice & Chicken	Chili Mac with Beef	Beef Teriyaki with Rice	Sweet & Sour Pork with Rice	Lasagna	Chicken Teriyaki	Spaghetti & Meat Sauce	Beef Stroganoff	Seafood Chowder	Beef Stew	Spicy Oriental Chicken	Western Omelet	Chicken & Rice	Eggs with Bacon	Turkey Tetrazzini
0	0.0	0.0	2.3	4.3	0.0	2.5	0.0	4.8	2.5	0.0	0.0	1.2	0.0	0.0	0.0
2-11	16.2	19.4	15.9	17.4	5.6	27.5	22.7	23.8	15.0	20.0	31.8	36.1	15.0	55.0	11.1
12-16	81.1	77.8	77.3	73.9	88.9	65.0	77.3	71.4	77.5	70.0	63.6	61.4	75.0	42.5	88.9
17-20	2.7	2.8	4.5	4.3	5.6	5.0	0.0	0.0	5.0	10.0	4.5	1.2	10.0	2.5	0.0
Total N:	37	36	44	23	18	40	22	21	40	20	22	83	20	40	18

Most participants (91.7%) state on the Final Questionnaire that they always prepared the entrée by adding water to the entrée bag. Of the rest, two state that they ate the entrée dry, and another prepared the entrée by using a drink pouch.

Ninety percent (89.3%) reported that they ate an unprepared (dry) entrée less than half of the time, including 76.2% who stated that they never ate an unprepared entrée. Asked why they ate an unprepared entrée, 13 did so because they had no hot water or had no way to heat water. Five were too busy to sit down for a meal, five stated that the entrée tastes better dry. Others reported that they had no time to prepare the entrée (n = 4), that there was not enough water available (n = 2), or that they found the prepared entrée too messy.

Cereal / Ramen Noodles: The instructions for the Granola are to add 2 to 4 ounces of water. According to the mealcards, sixty percent of the time 4 to 8 ounces of water was added to the Granola. Eighty percent of the time, 8 ounces of water was added to the Cream of Wheat, which is as instructed. The Cream of Wheat was never eaten unhydrated. Just under half of the time 8 ounces of water was added to the Oatmeal and to the Ramen, as instructed. Almost a quarter of the Ramen Noodles were eaten dry (unhydrated).

Table 13. Mealcard estimates of water added to LRP side dishes.

Ounces	Granola Percent	Cream Of Wheat Percent	Oatmeal Percent	Ramen Noodles Percent
0	12.5		7.4	23.5
2	8.3	6.3		
3	12.5		1.9	
4	20.8		5.6	7.8
5				2.0
6	20.8	6.3	11.1	2.0
7			3.7	
8	20.8	81.3	48.1	45.1
10		6.3	9.3	2.0
12	4.2		11.1	11.8
16			1.9	5.9
Total N	24	16	54	51

Beverages: Four of the LRP beverages were available in both regular and drink pouch packaging (Table 14). In each case, the available beverages were more often hydrated and eaten when they were issued in the drink pouch than when they were issued in regular packaging (at least seventy percent of the beverages in the drink pouch were eaten). This difference is less dramatic with the Cocoa beverage, possibly due to the fact that it was summer and the daytime temperatures reached into the 90s (Fahrenheit). The Strawberry Dairy Shake and the Sport Drinks were always issued in the drink pouch, and most of those beverages were hydrated and eaten. The Cider, Coffee, and Lemon Tea were never issued in the drink pouch, and over three-quarters of each of those beverages were uneaten (Table 14).

Table 14. Mealcard estimates of the water added to the LRP Beverages (Mealcard).

	Beverage Base		Orange Beverage		Cappuccino		Cocoa		Dairy Shake, Strawberry		Sport Drink		Cider		Coffee		Lemon Tea	
	No Pouch	Pouch	No Pouch	Pouch	No Pouch	Pouch	No Pouch	Pouch	No Pouch	Pouch	No Pouch	Pouch	No Pouch	Pouch	No Pouch	Pouch	No Pouch	Pouch
Water Added																		
None added	4.5	4.3	8.9	2.3	2.9	4.3	5.1	1.6	---	---	---	---	---	---	1.1	---	1.6	---
1-5 ounces			3.3	4.7	2.9	4.3	11.0	9.7	---	5.0	---	1.6	2.3	---	1.7	---	0.8	---
6-7 ounces	4.5	8.7	3.3	7.0	8.8	19.6	7.4	12.1	---	5.0	---	6.6	3.4	---	4.0	---	0.8	---
8 ounces	18.2	13.0	18.9	20.9	19.1	19.6	7.4	15.3	---	5.0	---	18.0	9.1	---	5.7	---	8.5	---
9-11 ounces	4.5		1.1	2.3	1.5	2.2		0.8	---	15.0	---	6.6		---		---		---
12 ounces	13.6	43.5	11.1	32.6	2.9	13.0	1.5	8.1	---	40.0	---	44.3		---	2.1	---	1.6	---
14+ ounces	4.5		3.3	2.3	1.5			0.8	---		---	3.3	3.4	---	1.5	---		---
*Did not eat	45.5	21.7	35.6	14.0	54.4	28.3	61.0	47.6	---	20.0	---	14.8	76.1	---	80.2	---	80.6	---
*Missing	4.5	8.7	14.4	14.0	5.9	8.7	6.6	4.0	---	10.0	---	4.9	5.7	---	3.6	---	6.2	---

*Did not eat: Amount eaten = 0.

*Missing: Amount eaten > 0, but Water Added is missing.

Bold lettering indicates the mode for that category.

Beverage Use: As mentioned above, most of the beverages in the test menus were packaged in a drink pouch with a pinch seal closure which is designed for rehydrating and drinking the beverages. Nearly all of the respondents report on the Final Questionnaire that they drank out of the drink pouch at least once (97.6%). The drink pouch may be used with hot beverages, but most (88.0%) of the respondents report that they only had cool beverages in the

drink pouch. Four added hot water to the pouch, and three never used the pouch. No one tried heating the beverage while it was in the pouch.

According to the Final Questionnaire, forty-three percent found it “difficult/very difficult” to use the regular beverage packet (Figure 3), and ninety-six percent found it “very easy/easy” to use the drink pouch. Forty percent found it “difficult/very difficult” to drink the beverage when it is issued in a regular drink packet, and eighty-eight percent found it “very easy/easy” to drink the beverage when issued in a drink pouch.

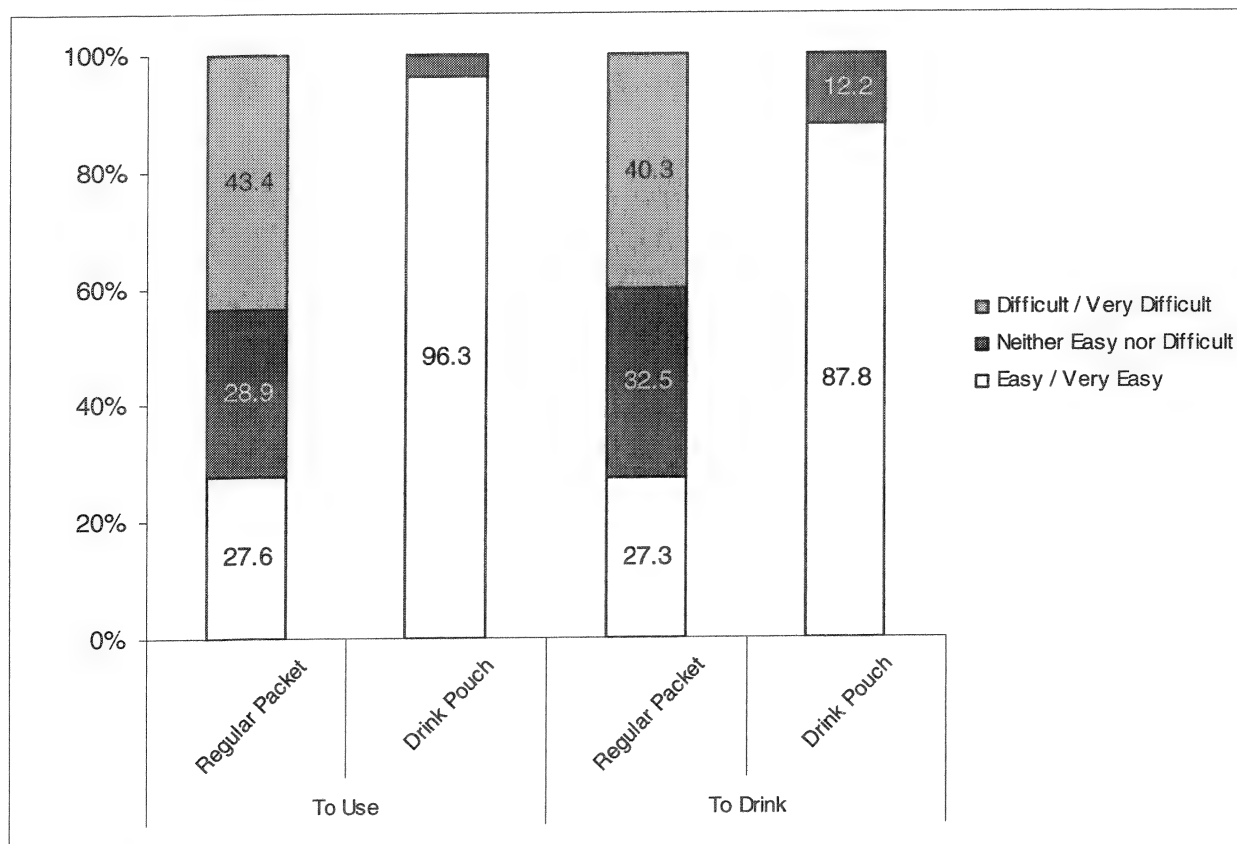


Figure 3. Ease of using beverage pouches (Final Questionnaire).

Nearly half (47.6%) of the participants “dislike” the regular beverage packet at least slightly, and 28.6% “neither like nor dislike” it. Eighty-nine percent (89.2%) like the drink pouch, including 47.0% who gave it the highest rating (“like extremely”). Ten respondents had recommendations for improving the drink pouch: make them larger (n = 2), a shape that makes it easier to drink from, a bigger opening, include a straw, add a drink pouch to every meal, and add something to heat water.

Thirty-five percent of the meal cards (35.2%) show that none of the beverages from that meal were prepared (“Did not eat”). Of the 350 cards which show that a beverage was prepared, 77.5% say that preparation was “easy/very easy.” Thirty-five percent (35.0%) of the cards show that a beverage was prepared with the drink pouch, while 10% cited the canteen cup. Less than 10 percent of the time the beverages were prepared in a bottle (9.6%), or the soldier ate dry beverage mix (5.5%).

Potable Water: Seventy percent (70.3%) of the Final Questionnaires report that obtaining potable water was “easy/very easy” (Figure 4). Twenty-three percent found it “neither easy nor difficult,” while less than ten percent found it “difficult/very difficult” (7.2%).

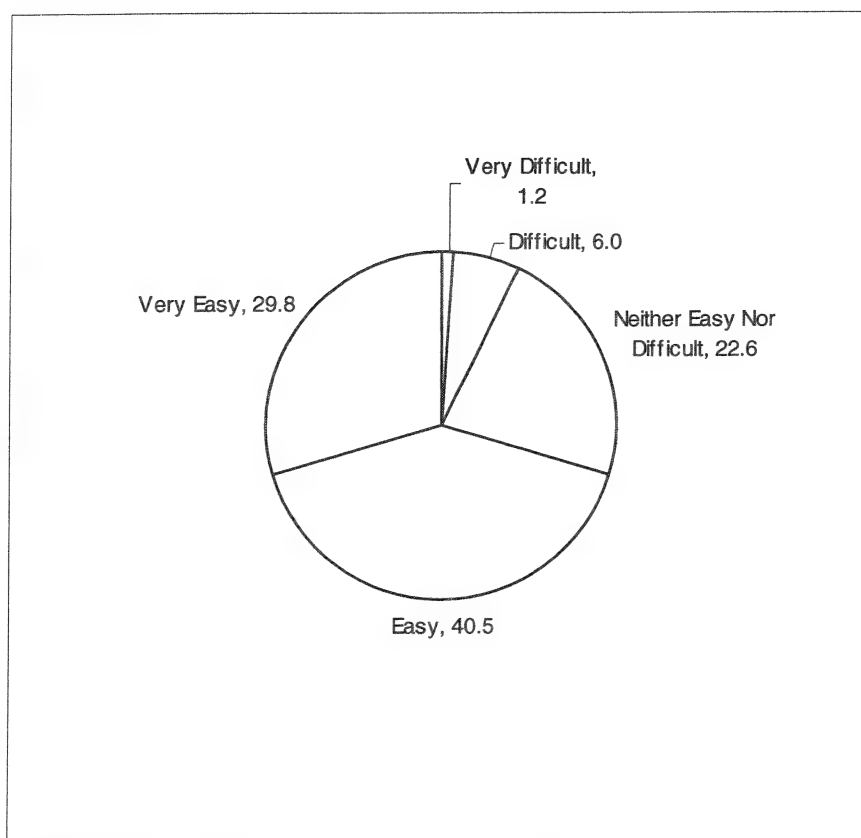


Figure 4. Ease of obtaining potable water.

Two-thirds (67.9%) of the participants were “always/almost always” able to get enough water to prepare the LRP dehydrated foods and beverages (Figure 5). Less than five percent were unable to get enough water at least half of the time.

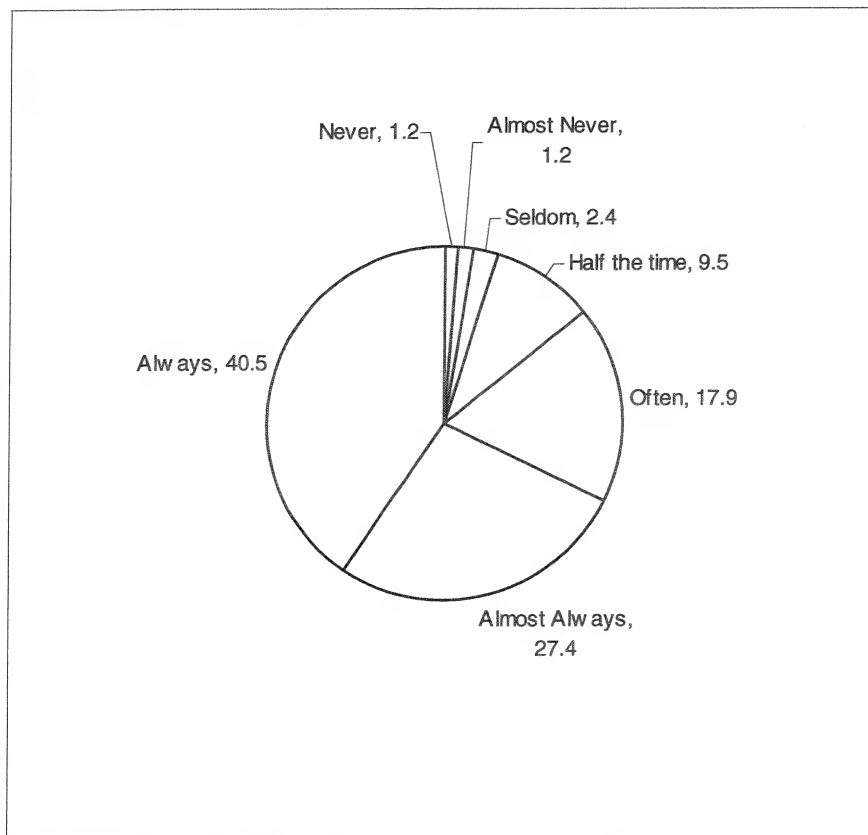


Figure 5. How often they were able to get enough water to prepare the LRP dehydrated foods and beverages.

Heating water: Sixty-nine percent (68.7%) report that they never had heated water, while 12.0% heated water for themselves, and 12.0% report that a member of the group heated water for them. Less than ten percent report that they heated water for themselves and others ($n = 7$), or that hot water was available to them ($n = 1$).

According to the Mealcards, eighty percent (78.8%) of the time the soldiers did **not** use hot water to prepare their meal (Figure 6). When they did use hot water, it was most frequently used for the entrée. Some commented that they have no way to heat water, or that no hot water is available to them (n = 3). When asked how they heated water, 14.3% said that they used a stove. Other times they used heat tabs (n = 4), or hot water was available (n = 2).

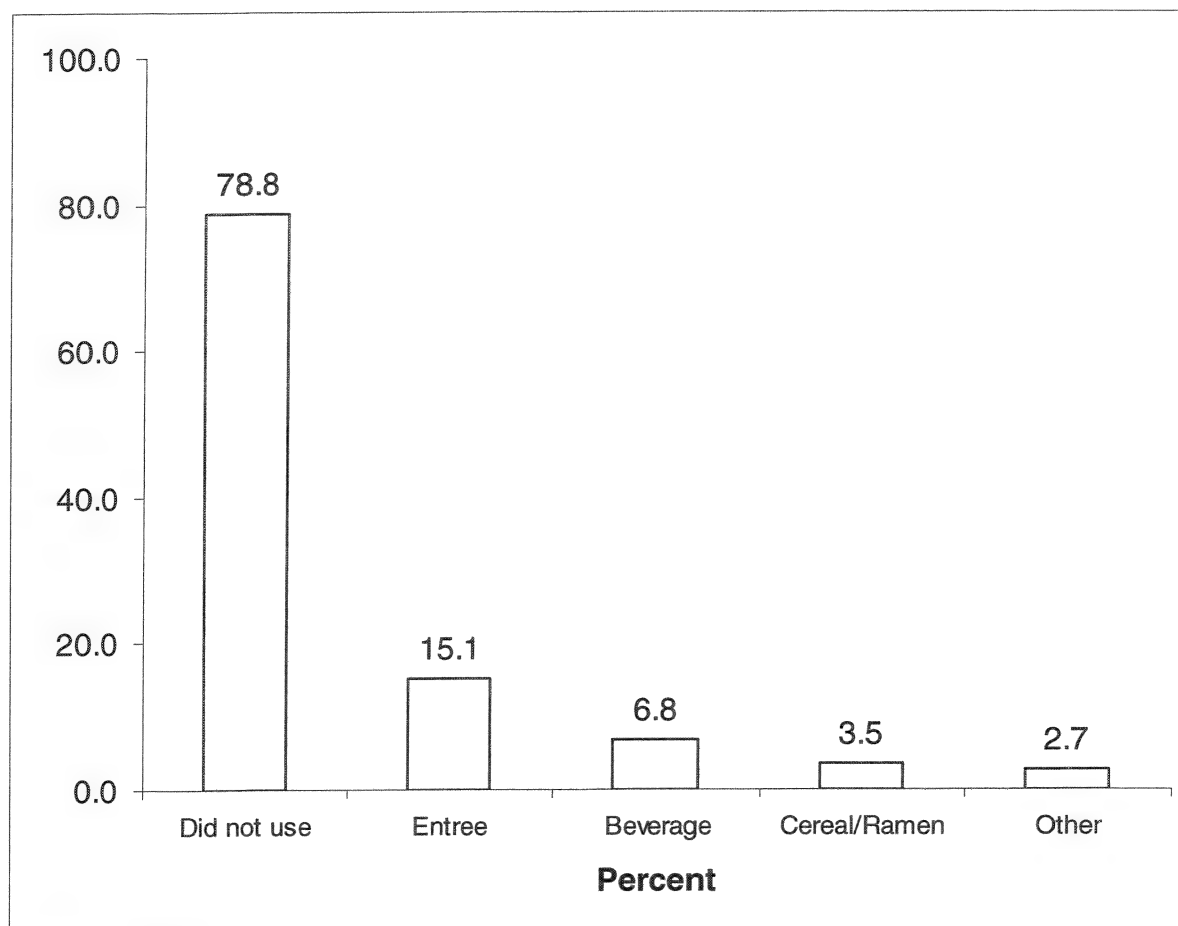


Figure 6. Which items were prepared with hot water (Percent).

GENERAL QUESTIONS

Ease of Use: On the Final Questionnaire, 72.6% report that they find it “easy/very easy” to open the LRP bag (Figure 7). The respondents are split between finding it “very difficult/difficult” (38.5%) or “very easy/easy” (38.5%) to open the LRP entrée bag (22.9% “neither easy nor difficult”). A third (36.7%) find measuring the water for the entrée “very easy/easy” and 34.5% find it “neither easy nor difficult.” Eighty percent (79.8%) find adding the

water to the entrée “very easy/easy.” Three-quarters (73.9%) find it “very easy/easy” to eat from the entrée bag.

Nearly forty percent (39.0%) find it “very difficult/difficult” to mix hot water into the entrée (37.8% report that they never tried to do so). This counterintuitive finding may be due to the soldiers factoring in the difficulty they had in heating water when answering this question. Nearly half (48.8%) found heating water to be “very difficult/difficult” (including 36.9% who found it “very difficult”). Considering how unusual it is that these soldiers have hot water, it is heartening to note that no one (n = 0) found it “difficult/very difficult” to mix cold water into their entrée and 79.8% found it “very easy/easy” to do so.

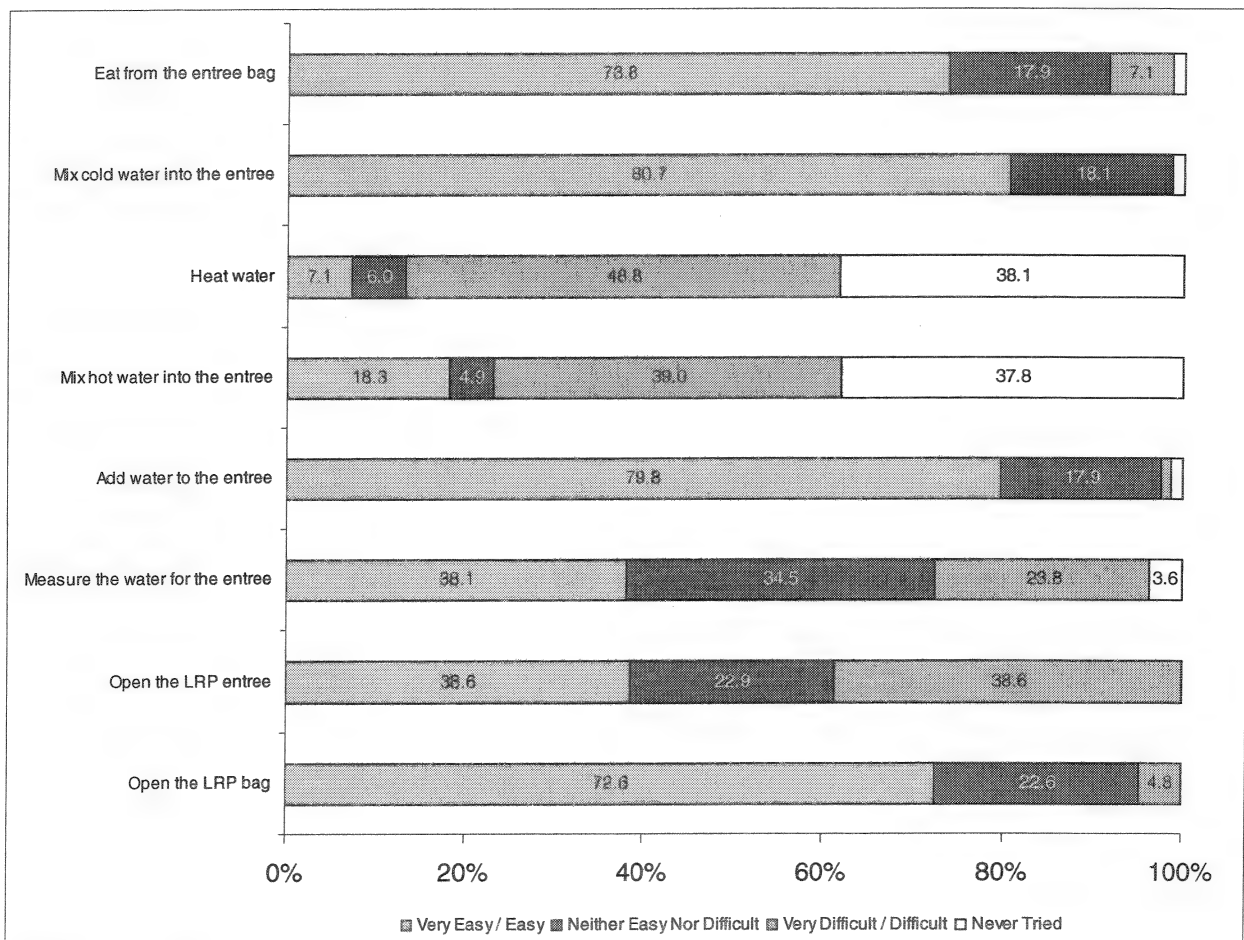


Figure 7. Ease of preparing and eating the LRP entrée.

When asked what made using the LRP difficult, 44 of the 87 participants stated that obtaining hot water was difficult. Fourteen mentioned that the entrée bag was difficult to open, including 8 who resorted to cutting it open. The full list of write-in responses is listed in the

Appendix G. There are a wide range of reactions to the LRP in the general comments section of the Final Questionnaire, many of which reiterate their concerns about obtaining hot water in a field situation. They also reveal that some of the participants are still under the misconception that a dehydrated entrée means that they need to carry more water with them. They describe carrying more water than they do already as a burden, and they do not like “wasting” water on rehydrating the entrée.

Most of the participants (92.9%) reported that they had never opened their LRP and found that the entrée had lost its vacuum. Thirty-six percent (35.7%) report that they had problems with the entrée bag tear notches. Of these, 10 could not open it without a knife, 10 felt that it tore in the wrong place or in the wrong direction (vertical versus horizontal), 3 found that it did not tear enough, and one found that it tore too much which made it difficult to add water.

Twelve percent (11.7%) report that they had problems with the size of the entrée bag. Six found it to be too big or too tall, including one who commented that the shape was awkward, making it difficult to get the spoon to the bottom of the bag. One felt that the bag needs to be wider (he had cut it in order to use the spoon). Three respondents reported that the entrée bag was damaged when they tore it open, and 1 reported that it was already damaged when he opened the LRP. Three reported that the entrée bag was damaged so that it would not hold water. Most respondents reported that they never spilled the entrée whether it was unprepared (83.1%), prepared (67.9%) or when they were opening the entrée bag (71.4%).

A package of cereal was included in six of the menus (3 control and 3 test breakfast menus). All three (Cream of Wheat, Flavored Oatmeal, and Granola) contain dehydrated milk or creamer, and may be prepared by adding water. Two-thirds of the participants found it “very easy/easy” to add water to the cereal bag, mix the water into the cereal or to eat from the cereal bag (Figure 8). Twenty percent of the respondents report that they never added water to the cereal bag, nor mixed the water into the cereal nor ate from the cereal bag.

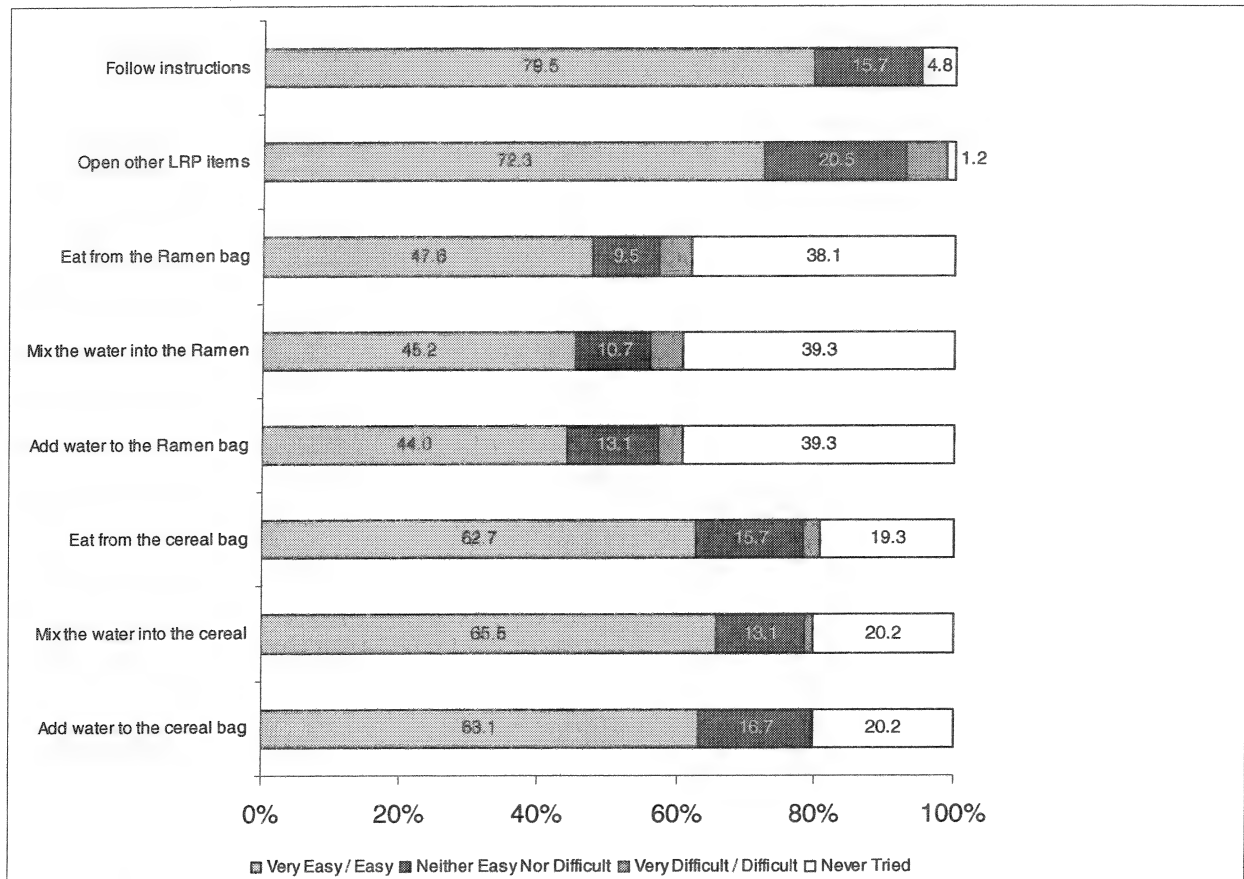


Figure 8. Ease of preparing and eating the Cereal and Ramen Noodles.

A package of Ramen was included in 2 menus. Forty-four percent found it “very easy/easy” to add water to the Ramen bag, and a similar percentage found it “very easy/easy” to mix water into the Ramen (44.3%) or to eat from the Ramen bag. Nearly forty percent of the respondents never tried to prepare the Ramen (according to the Mealcard data, the Ramen was sometimes eaten unhydrated).

Over seventy percent of the participants found it “very easy/easy” to open the other LRP items. Eighty percent found it “very easy/easy” to follow the instructions, including 38.6% who found it “very easy.”

Conditions in the Field: At the end of the evaluation (Final Questionnaire, n = 84) most of the participants stated that their meal times were imposed by the command (97.6%). Seventy percent (72.3%) were able to chose when they ate. Twenty-eight percent (27.7%) stated that they ate throughout the day as time permitted.

According to the mealcards, twenty-one percent (n = 111) of the meals were broken down by the soldiers (401 meals were not broken down). Sixty-five cards show that when the meal was broken down the soldier carried all of the food items with him. Other times (n = 44) he did not carry all of the items. The most commonly discarded LRP items were the beverages (n = 28), notably the coffee (n = 10). The complete list is included in Appendix B.

Satisfaction with the LRP: Three-quarters of the participants (Final Questionnaire) were satisfied with the amount of food in the meal (Figure 9), including 23.2% who were “extremely satisfied” and 28.0% who were “very satisfied.” Sixty-eight percent (67.9%) were satisfied with the taste. Half were satisfied with the ease of preparation (54.8%) and a third were dissatisfied (33.3%). Half were satisfied with the appearance of the food (53.6%) while 31.0% were “neutral.” Forty-seven percent (47.0%) were satisfied with the time to prepare the LRP meals. Forty-four percent (44.0%) were satisfied with the number of breakfast items, while 29.8% were “neutral” on that topic.

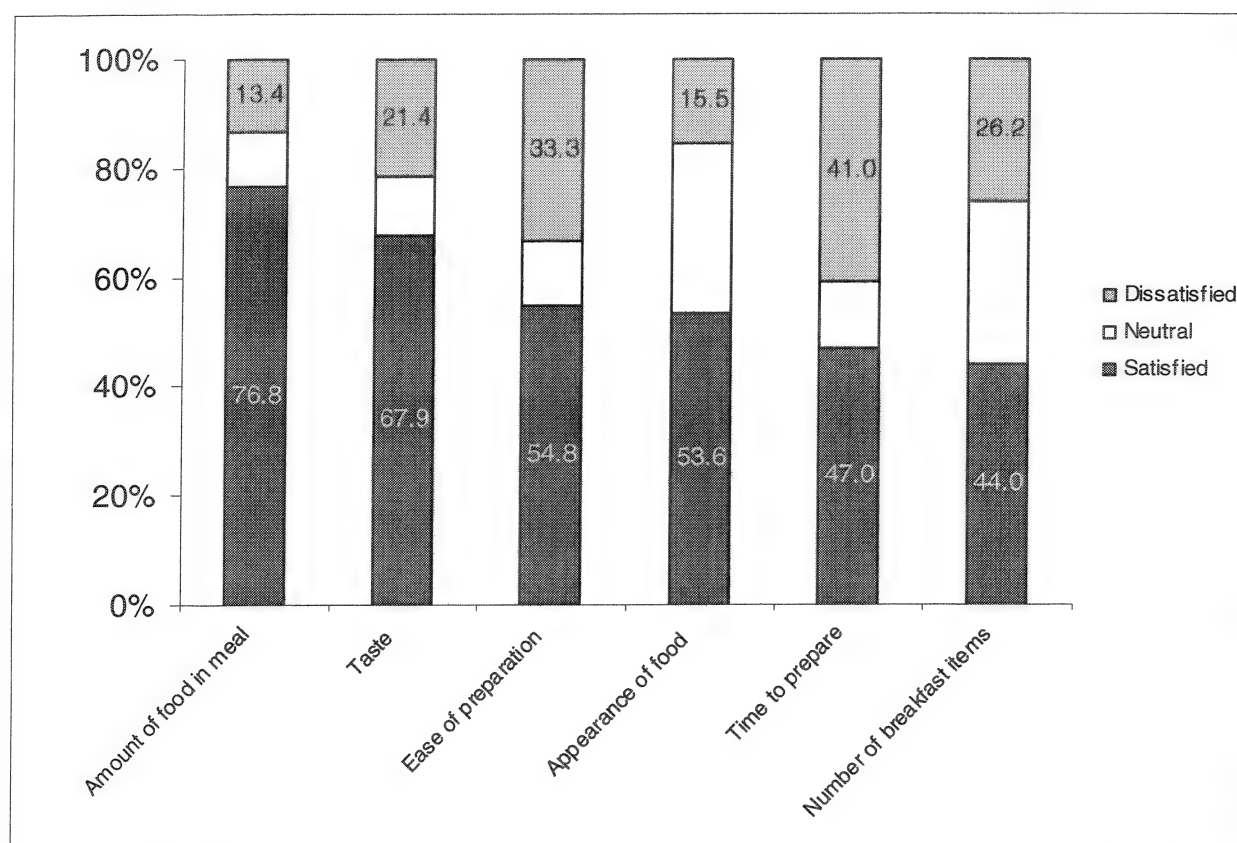


Figure 9. Satisfaction with the LRP.

SUMMARY

Acceptability Ratings: There were fifteen entrées available during the evaluation. The Seafood Chowder, Spicy Oriental Chicken, Beef Stew, Turkey Tetrazzini, Spaghetti & Meat sauce, Beef Stroganoff, Chicken & Rice, Mexican Rice & chicken and Lasagna have mean ratings which fall on the positive side of the scale (between “like slightly” and “like moderately”). The mean ratings for Chili Mac with Beef, Eggs with Bacon, Western Omelet, Sweet & Sour Pork with Rice, Beef Teriyaki with Rice and Chicken Teriyaki fall near the neutral point (between “neither like nor dislike” and “like slightly”).

There were five **starches** issued during this evaluation, and all have positive mean ratings. The Granola has the highest mean rating (between “like moderately” and “like very much”). The flavored Oatmeal, Ramen Noodles, Cream of Wheat Cereal and the Cracker fall between “like slightly” and “like moderately.”

There were five types of food **bars** available during this evaluation, all of which have positive mean ratings. The Peanut Butter Dairy bar and the Fig bar have mean ratings which fall between “like moderately” and “like very much.” The Banana Walnut Dairy bar, Cran-Raspberry Hooah Bar, and the Chocolate Sports bar have mean ratings which fall between “like slightly” and “like moderately.”

In the **snack** category, the mean ratings for Pretzel Combos, Corn Nuts, Smoked Almonds, Raisin Nut Mix, Dried Cranberries and Trail Mix fall between “like slightly” and “like very much.” In the **spread** category, the mean ratings for Peanut Butter, Chocolate Peanut Butter, Cheese Spread, and Pizza Cheese spread fall between “like slightly” and “like very much.”

M&M’s, the highest rated **candy**, has a mean rating which corresponds to “like very much.” The mean ratings for Peanut Butter M&M’s and Tootsie Roll fall between “like moderately” and “like very much,” and Chuckles and Walnettos fall between “like slightly” and “like moderately.”

In the **dessert** category, the Shortbread Cookies, Ice Cream Sandwich, Frosted Toaster Pastry, Chocolate Covered Cookie, and Pound Cake have mean ratings which fall between “like moderately” and “like very much.” The Unfrosted Toaster Pastry and the Fudge Brownie have mean ratings which fall between “like slightly” and “like moderately.”

Of the thirteen **beverages** (plus sugar and creamer), Strawberry Dairy Shake and Lemon-lime Sports Drink have mean ratings which correspond to “like very much,” and the Fruit Punch Sports Drink and Orange Sports Drink have mean ratings which fall between “like moderately” and “like very much.” The Orange Beverage, Mocha Cappuccino, Coffee, Sugar, Beverage Base, Cocoa, and French Vanilla Cappuccino have mean ratings which fall between “like slightly” and “like moderately.” The mean ratings for the Creamer, Apple Cider and Lemon Tea fall between “neither like nor dislike” and “like slightly.”

To be Dropped from the LRP: Three-quarters wished to keep all of the LRP Starch items, over half wished to keep all of the Beverages, half would like to keep all of the Snacks, just under half want to keep all of the Sweets, and a third want to keep all of the available Entrees. A quarter would drop the Cider from the LRP, and a quarter would drop the Seafood Chowder entrée from the LRP. All other requests to drop items were selected by less than twenty percent of the respondents. Of all of the LRP items, four were **never** suggested for deletion from the menus: Chocolate Covered Cookie, Banana Walnut Dairy Bar, Peanut Butter Dairy Bar, and the Orange Sports Drink.

To be Added to the LRP: The participants were also given the opportunity to suggest items for the LRP. A wide variety of foods were suggested, and the complete list of requests is found in Appendix E. The most requested items are in the candy category. In addition, there were requests for a way of heating water, and for Dairy Shakes.

HYDRATION OF LRP ITEMS

Entrees: The dehydrated LRP entrees are designed to be eaten hydrated or unhydrated. Most of the time the participants report adding some water to the entrée. For all of the entrées (except for the Eggs with Bacon), 12 to 16 ounces of water was typically added to the entrée. The Eggs with Bacon entrée only requires 8 ounces of water; a third of the time they added 8 ounces, but more often they added 12 to 16 ounces.

Most participants state on the Final Questionnaire that they always prepared the entrée by adding water to the entrée bag. Most reported that they ate a dry entrée less than half of the time, including three-quarters who stated that they never ate an unprepared entrée. They ate a dry entrée because hot water was hard to come by, because they were too busy to sit down for a meal, or because they think the entrée tastes better dry.

Cereal / Ramen Noodles: The instructions for the Granola are to add 2 to 4 ounces of water, but more than half of the time, 4 to 8 ounces of water was added to the Granola. Most of the time 8 ounces of water was added to the Cream of Wheat, and the Cream of Wheat was never eaten dry. Just under half of the time 8 ounces of water was added to the Oatmeal and to the Ramen, as instructed, and almost a quarter of the Ramen Noodles were eaten dry.

LRP Beverages (Daily): Four of the LRP beverages were available in both regular and drink pouch packaging. In each case, the available beverages were more often hydrated and eaten when they were issued in the drink pouch than when they were issued in regular packaging. For each beverage (except Cocoa), at least seventy percent were eaten when provided in a drink pouch. The Cocoa beverage was more likely to be eaten when provided in a drink pouch, but almost half remained uneaten, possibly due to the fact that it was summer and the daytime temperatures reached into the 90s (Fahrenheit). The Apple Cider, Coffee, and Lemon Tea were never issued in the drink pouch, and over three-quarters of each of those beverages were uneaten.

LRP Beverage Use (Final): As mentioned above, most of the beverages in the test menus were packaged in a drink pouch with a resealable closure which is designed for rehydrating and drinking the beverages. Nearly all of the respondents report on the Final Questionnaire that they drank out of the drink pouch at least once. The drink pouch may be used with hot beverages, but most of the respondents report that they only had cool beverages in the drink pouch. Four added hot water to the pouch, and three never used the pouch. No one tried heating the beverage while it was in the pouch.

Less than half found it difficult to use the regular beverage packet, and most found it easy to use the drink pouch. Less than half found it difficult to drink the beverage when it is issued in a regular drink packet, and most found it easy to drink the beverage when issued in a drink pouch. Asked to rate the regular and drink pouch packaging, approximately half dislike the regular packet and most like the drink pouch. Indeed, half gave the drink pouch the highest possible rating.

A third of the meal cards show that none of the beverages from that meal were prepared. Of the prepared beverages, three-quarters say that preparation was easy. A third of the cards show that a beverage was prepared with the drink pouch, and the rest of the time it was prepared in canteen cup, a bottle, or was eaten dry.

MRE Beverage Use (Background): Because the beverages in the LRP are often identical to the beverages in the MRE, the participants were asked questions about MRE beverage use for background information. Most of those who have tried these MRE beverages like the Dairy Shakes, Beverage Base, Cocoa, Cappuccino, Lemon Tea, and Coffee. Twenty-three percent have never tried the Apple Cider, while a third like it and another third dislike it. Most report that they hydrate the Dairy Shakes at least half of the time. Thirty to forty percent hydrate the Beverage Base, Lemon Tea, Cappuccino, and Coffee more than half of the time. Nearly half of the participants report that nothing keeps them from drinking their MRE beverages. Others do not drink their MRE beverages because they do not want to clean their canteen cup, or because they do not drink the beverages they do not like.

Most report that, in the past, they have never been issued bottled water during Field Training Exercises. However, most of those who have been deployed at least once report that they are almost always issued bottled water during real world deployments. (During the current evaluation, both bottled water and water buffaloes were observed in the field.)

Potable Water: Most report that obtaining potable water was easy, and others found it neither easy nor difficult and a minority found it difficult to obtain potable water. Two-thirds of the participants were almost always able to get enough water to prepare the LRP dehydrated foods and beverages.

Heating Water: Two-thirds report that they never had heated water, while a minority either heated water for themselves or report that a member of the group heated water for them. Most of the time the soldiers did **not** use hot water to prepare their meal. When they did use hot water, it was most frequently used for the entrée, and when they heated water they used a stove.

GENERAL

LRP Ease of Use (Final): On the Final Questionnaire, most report that they find it easy to open the LRP bag. Half of the respondents find it difficult and half find it easy to open the LRP entrée bag. A third find measuring the water for the entrée easy and another third find it neither easy nor difficult. Most find it easy to add water to the entrée, and to eat from the entrée bag.

Nearly forty percent find it difficult to mix hot water into the entrée (a third never tried to do so). This counterintuitive finding may be due to the soldiers factoring in the difficulty they had in heating water when answering this question: nearly half found heating water to be

difficult. Considering how unusual it is that these soldiers have hot water, it is heartening to note that no one found it at all difficult to mix cold water into their entrée.

There are a wide range of reactions to the LRP in the general comments section of the Final Questionnaire, many of which reiterate their concerns about obtaining hot water in a field situation. They also reveal that some of the participants are still under the misconception that a dehydrated entrée means that they need to carry more water with them. Most of the participants reported that they had never opened their LRP and found that the entrée had lost its vacuum. A third report that they had problems with the entrée bag tear notches. A minority report that they had problems with the size of the entrée bag, finding it too big or too tall. Four respondents reported that the entrée bag was damaged either when they tore it open or when they received it, and three reported that the entrée bag was damaged so that it would not hold water. Most respondents reported that they never spilled the entrée whether it was unprepared, after it was prepared, or when they were opening the entrée bag. Most of the participants found it easy to open the other LRP items and to follow the instructions.

A package of cereal was included in six of the menus. All three (Cream of Wheat, Flavored Oatmeal, and Granola) contain dehydrated milk or creamer, and may be prepared by adding water. Two-thirds of the participants found it easy to add water to the cereal bag, mix the water into the cereal or to eat from the cereal bag. Twenty percent of the respondents report that they never added water to the cereal bag, nor mixed the water into the cereal nor ate from the cereal bag.

A package of Ramen was included in two menus. Almost half found it easy to add water to the Ramen bag, and a similar percentage found it easy to mix water into the Ramen or to eat from the Ramen bag. Nearly forty percent of the respondents never tried to prepare the Ramen, which was sometimes eaten unhydrated.

Satisfaction with the LRP: Three-quarters of the participants were satisfied with the amount of food in the meal. Two-thirds were satisfied with the taste, half were satisfied with the ease of preparation, the appearance of the food, with the time to prepare the LRP meals, and the number of breakfast items.

This document reports research undertaken at the U.S. Army Natick Soldier Research, Development and Engineering Center, Natick, MA, and has been assigned No. NATICK/TR-08 1002 in a series of reports approved for publication.

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Appendix A. Demographics.

Current Rank

	Frequency	Percent
E 1	4	3.7
E 2	17	15.9
E 3	15	14.0
E 4	30	28.0
E 5	27	25.2
E 6	11	10.3
O 1	1	0.9
O 3	2	1.9

	Mean	Std Dev	Maximum	Minimum
Age	23.85	4.06	35	18
Time in the Armed Services	4.08	3.07	16.75	0.33
Length of time stationed in Germany	1.56	1.25	5.17	0.08

* These data were collected in years and months, then converted to months for analysis.

Race (Optional question - Multiple response possible)

	Frequency	Percent
White	81	75.7
Hispanic	13	12.1
Black	6	5.6
American Indian/Alaskan Native	3	2.8
*Other	3	2.8
Choose not to respond	3	2.8
Asian/Pacific Islander	2	1.9

**Other" write-in = 'Mixed'(2), 'West Indian'

Where did you live the longest before the age of 16

	Frequency	Percent
North Central	25	23.4
South Atlantic	18	16.8
South Central	16	15.0
Pacific	14	13.1
New England	11	10.3
Mountain	10	9.3
Middle Atlantic	10	9.3
*Other	3	2.8

*Other = 'Russia', 'Germany', Missing

Military Operations participated in.

	Frequency	Percent
None	49	45.8
Operation Iraqi Freedom	47	43.9
Operation Enduring Freedom	20	18.7
Kosovo	7	6.5
*Other	3	2.8
Bosnia	1	0.9
Panama	1	0.9
Somalia	1	0.9

*Other = 'Haiti', 'Egypt(2)'

Military Occupational Specialty

	Count	%
11A	2	1.9
11A5S	1	.9
11B	64	59.8
11B1P	11	10.3
11B2E	1	.9
11B2P	3	2.8
11B3P	1	.9
11B3U	1	.9
11B3V	4	3.7
11B3V6B	1	.9
11BP	1	.9
25C	13	12.1
25U	1	.9
63B	2	1.9
91W	1	.9
Total	107	

MOS Number	MOS Description	Frequency
11A	Infantry	1
	Infantry officer, LRS Platoon Leader.	1
11A5S	Infantry	1
11B	Infantry	42
		8
	(LRS) (ABN) Infantry	1
	(LRS) Infantry	1
	Airborne Infantry	1
	Airborne Ranger	2
	Infantry Airborne	1
	Infantry Man	4
	Infantry Paratrooper	1
	LBS	1
	LRS	2
11B1P	Infantry	1
		1
	Airborne Infantry	4
	Infantry Airborne	1
	Airborne Infantry (LRS)	1
	Airborne Infantry Man	1
	Infantry, Airborne	1
	Paratrooper	1
11B2E	Airborne Infantry	1
11B2P	Infantry	1
	Airborne Infantry (LRS)	1
	Airborne INF NCO LRS	1
11B3P	ABN Infantry LRS	1
11B3U	Airborne Ranger	1
11B3V	Infantry Airborne Ranger	1
	LRS Team Leader	1
	Platoon SGT	1
	TL Airborne Ranger.	1
11B3V6B	Infantry (Ranger, LRS)	1
11BP		1
25C		1
	Commo	1
	Radio Operator	5
	Radio Operator / Maintainer	4
	RTO	1
	Signal Channel Radio Operations Maintainer	1
25U	Signal Support Systems specialist.	1
63B	Light wheel mechanic	1
	Wheel Vehicle Mechanic	1
91W	Combat Medic	1

Appendix B. Meal Card: Did you break down the LRP?

	Frequency
Did not break down this meal	401
Broke down this meal	111
Broke down this meal and carried all of the items	65
<i>Missing Data</i>	7
Broke down this meal and left the following items behind:	44
Accessory pack	5
All the beverages	2
Coffee, cocoa, creamer, sugar	2
Condiments	2
Toilet paper, matches, gum	2
Cider, coffee, creamer, sugar	2
Creamer, Tabasco	1
Soup, cappuccino	1
Peanut butter	1
Coffee & sugar	1
Tea & cappuccino	1
Creamer & cocoa beverage	1
Beverage base	1
Coffee	1
Ice cream, coffee, tea, accessory	1
Oatmeal, cocoa, coffee cream & sugar	1
Accessory pack & orange powder	1
Coffee, creamer, sugar, orange beverage, cocoa	1
Beverage base, accessory pack	1
Ate the meal over the day	1
Coffee, tea, creamer, sugar	1
Sugar, brownie, coffee	1
Coffee & creamer	1
What I did not initially eat	1
PB crackers	1
Cheese & crackers	1
Lasagna, shortbread, accessory	1
Eggs with bacon, dairy shake	1
Peanut butter & crackers, no beverages	1
Nut raisin mix and beverages	1
<i>Missing</i>	12

Appendix C. Meal Card: How much water was added to the entrée?

Water added to the Entree (Percent)

Ounces	Mexican Rice & Chicken	Chili Mac with Beef	Beef Teriyaki with Rice	Sweet & Sour Pork with Rice	Lasagna	Chicken Teriyaki	Spaghetti & Meat Sauce	Beef Stroganoff	Seafood Chowder	Beef Stew	Spicy Oriental Chicken	Western Omelet	Chicken & Rice	Eggs with Bacon	Turkey Tetrazzini
0	0.0	0.0	2.3	4.3	0.0	2.5	0.0	4.8	2.5	0.0	0.0	1.2	0.0	0.0	0.0
2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2	0.0	0.0	0.0
4	5.4	2.8	0.0	4.3	0.0	2.5	0.0	9.5	2.5	0.0	0.0	1.2	0.0	0.0	0.0
5	0.0	0.0	0.0	0.0	0.0	0.0	4.5	4.8	0.0	5.0	0.0	0.0	0.0	2.5	0.0
6	2.7	0.0	0.0	0.0	0.0	0.0	4.5	0.0	0.0	0.0	9.1	0.0	0.0	5.0	0.0
8	5.4	8.3	11.4	4.3	5.6	17.5	9.1	4.8	10.0	10.0	13.6	19.3	5.0	35.0	11.1
9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.8	0.0	5.0	0.0	2.4	0.0	7.5	0.0
10	2.7	8.3	4.5	4.3	0.0	7.5	4.5	0.0	2.5	0.0	9.1	12.0	10.0	5.0	0.0
11	0.0	0.0	0.0	4.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	18.9	19.4	20.5	13.0	33.3	12.5	18.2	23.8	25.0	20.0	27.3	24.1	30.0	10.0	50.0
13	0.0	2.8	0.0	0.0	0.0	0.0	0.0	0.0	5.0	5.0	0.0	0.0	0.0	0.0	0.0
14	0.0	0.0	2.3	4.3	5.6	2.5	4.5	0.0	2.5	0.0	0.0	0.0	5.0	2.5	5.6
15	0.0	0.0	0.0	4.3	0.0	0.0	4.5	0.0	0.0	0.0	0.0	1.2	5.0	0.0	5.6
16	62.2	55.6	54.5	52.2	50.0	50.0	50.0	47.6	45.0	45.0	36.4	36.1	35.0	30.0	27.8
17	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.5	0.0	0.0	0.0	0.0	0.0	0.0
18	2.7	2.8	4.5	4.3	0.0	5.0	0.0	0.0	2.5	5.0	4.5	1.2	10.0	0.0	0.0
20	0.0	0.0	0.0	0.0	5.6	0.0	0.0	0.0	0.0	5.0	0.0	0.0	0.0	2.5	0.0
Total N:	37	36	44	23	18	40	22	21	40	20	22	83	20	40	18

Appendix D. Final Questionnaire: Items to be dropped from the LRP.

ENTREES	Count	Percent
No Entrees to be dropped	31	36.9
Seafood Chowder	19	22.6
Chicken Teriyaki	16	19.0
Mexican Rice & Chicken	15	17.9
Beef Teriyaki with Rice	9	10.7
Eggs with Bacon	8	9.5
Sweet & Sour Pork with Rice	8	9.5
Western Omelet	8	9.5
Chicken & Rice	5	6.0
Chili Mac with Beef	5	6.0
Spicy Oriental Chicken	5	6.0
Beef Stroganoff	3	3.6
Lasagna	2	2.4
Spaghetti & Meat Sauce	2	2.4
Beef Stew	1	1.2
Turkey Tetrazzini	1	1.2

STARCHES	Count	Percent
No Starches to be dropped	63	75.0
Cracker	11	13.1
Cream Of Wheat Cereal	6	7.1
Ramen Noodles	5	6.0
Oatmeal	3	3.6
Granola cereal	2	2.4

SWEETS	Count	Percent
No Sweets to be dropped	40	47.6
Toaster Pastry, Unfrosted	16	19.0
Fudge Brownie	15	17.9
Walnettos	10	11.9
Tootsie Roll	8	9.5
Chuckles	6	7.1
M&M's	5	6.0
Ice Cream Sandwich	4	4.8
Toaster Pastry, Frosted	4	4.8
M&M's, Peanut Butter	2	2.4
Pound Cake	2	2.4
Shortbread Cookies	1	1.2
Chocolate Covered Cookie	0	0.0

SNACKS	Count	Percent
No Snacks to be dropped	42	50.0
Raisin Nut Mix	13	15.5
Trail Mix	10	11.9
Sports Bar, Chocolate	7	8.3
Corn Nuts	6	7.1
Smoked Almonds	6	7.1
Hooah Bar, Cran-Raspberry	5	6.0
Peanut Butter	5	6.0
Chocolate Peanut Butter	5	6.0
Fig Bar	4	4.8
Dried Fruit, Cranberries	4	4.8
Pizza Cheese Spread	4	4.8
Cheese Spread	2	2.4
Combos (Filled Pretzels)	1	1.2
Dairy Bar, Banana Walnut	0	0.0
Dairy Bar, Peanut Butter	0	0.0

BEVERAGES	Count	Percent
No Beverages to be dropped	45	53.6
Cider	23	27.4
Cocoa	13	15.5
Cappuccino, French Vanilla	12	14.3
Cappuccino, Mocha	11	13.1
Lemon Tea	8	9.5
Coffee	7	8.3
Beverage, Orange (Fortified)	4	4.8
Dairy Shake, Strawberry	4	4.8
Beverage Base	3	3.6
Sports Drink, Fruit Punch	1	1.2
Sports Drink, Lemon-lime	1	1.2
Sports Drink, Orange	0	0.0

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Appendix E. Final Questionnaire: Items to be added to the LRP.

Are there any items you would like to see added to the LRP? (Please be realistic.)

Written responses

1- Are tobacco products practical ?(realistic) 2- A heater of some sort.

A heater. Burger King , Beer.

Beef Frankfurters

Beef jerky

Candy / life savers- To keep us going on long movement; road marches.

Chicken teriyaki came without a spoon.

Chili powder, something to heat water came with all LRP meals.

Crystal light it is lighter and uses less powder to make drinks you can also add to camel bak.

Dairy shake Vanilla

Dairy shake vanilla and chocolate .

Dairy shakes are calorie dense high in protein, quick and easy , and taste good. I never saw one in any of my meals.

Do away with the wheat snack bread; and those new salty crackers in the MRE. And put a roll in there in stead.

Heater

Hot pocket style sandwiches, gum in bigger portions.

Lobster, tiramisu and crab Rangoon.

M&M Peanuts.

More coffee.

More flavored shakes or some kind of protein shaken. Small snacks are the best for missions, the can go in the packet and eaten when you wanted a snack.

More pound cakes.

More seafood / fish items if possible.

More than one coffee packet.

Possibly heating tablets, to make heating water more convenient.

Rib eye steak, Jane.

Skittles, snickers

Snickers.

Some type of hamburger.

Some type of nacelle spread.

Something to heat my water that's flame less and non-toxic.

Something to heat water.

Someway to either heat water or the meal itself; jelly and peanut butter in the same meal.

Sunflower seeds. Reason: need to replenish body with salt. The salt in the package is unbearable to eat water purification tablets.

Tobacco

Tuna, Peanut M&M's

Turkey mashed potatoes , skittles , twizzlers.

Water heater . Miniature bowls of cereal.

White chicken -packets. Mrs. Dash , more coffee. More protein content.

Zippered pouches, easy open entrée.

Entrée bag is too tall - you need to cut the top 1/3 off for convenience.

Jack Daniels

Appendix F. Final Questionnaire: Problems with the tear notches.

Problems with the entree tear notches	Frequency
Without knife I couldn't open	8
Make them easier	3
I tore the corner and it only came half open	2
Don't work	2
The direction of the tear	2
I just used a knife	2
It open straight down	1
Left to right, not up and down	1
Don't open where you need it	1
Should be on side	1
Bad angle to eat from	1
No notches on entree	1
Needs to be vertical	1
Needs to be horizontal	1
Vertical, (?) Tear	1
Only makes 2 small holes in side	1
Entree rip bag too much difficulty adding water	1
Total	30

Appendix G. Final Questionnaire: What made using the LRP difficult.

If using the LRP was at all difficult, please explain what caused the difficulty.

Written responses

Always had to cut open the main meal.

Don't have hot water on real world missions, have to use with cold water.

During missions we will have no means of heating water. Once I added the hot water it was hard to hold on to the bag

Entrée item was hard to open, very tightly sealed.

Finding a way to heat water. It needs a water heater.

Getting hot water for meals.

Getting hot water.

Hard to heat water.

Heating H2O in our job. This field problem was easy, but on mission we would need heat tabs. But heat tabs give off a very strong odor and give our guys away.

Heating water, we can't carry stoves out to the field.

Heating water w/o MRE-Type heater not practical for actual missions.

Hot water is hard to come by.

Hot water is not readily available in LRS mission situations.

Hot water is something was cannot obtain in the field main meal needs a side cut to be opened horizontal.

I couldn't get hot water.

I had no hot water to prepare the meal.

I had no way of heating water, opening the bag was difficult.

I had to cut entrée bag open with knife.

I was never able to heat water.

If you take this meals to a regular missions you may have to carry extra (water?) for it which it's going to take more weight or use your regular ration which we can't afford it.

It is very hard for all of us in LRS to heat items. The meals need more items.

It took a while to prepare with no heater.

It was difficult to obtain or heat water.

It would have been difficult to open the main meal without a knife.

Just heating water *** the old MRE's they gave you something to heat it with.

Main meal hard to open. Need a way to get hot water.

N/A

Need another way to cut or open the entrée. Had too use my knife to open the entrée bag.

No ability to heat water for meal.

No easy way to get hot water.

No hot water available / water is limited.

No hot water available for entrée.

No hot water for entrees.

No source of hot water.

No way to heat water and entrées are too difficult to eat without water. Often I simply did not eat the entrée.

No way to heat water.

Obtaining hot water

On a real mission we don't have the access to hot water.

On missions there is no way for me to heat water for meal.

Only way to open entrée bag is with a knife /no3 water fill line in entrée bag/ 5 Can't mix hot water if there is none / 15 No way for me to heat water.

Opening from the main meal bag, always had to use a knife.

Opening main meal bag was hard to tear open.

Opening the entrée was very hard to open. I always had to use a knife . Also, only some had drink pouches. I found the drink pouches are easy to use and they be in all.

The bag was hard to open. Obtaining hot water for the main meals. To much water wasted on the food.

The cut on the LPR ration needs to be vertical not horizontal. Also for LRS we don't have access to hot water during mission and 10 min to wait for meal is to long when you don't have much time to eat.

The LRP entrée seem to be designed under the assumption the soldier will have access to hot water which in this case was 90% entrée.

The main problem is an integral source to heat water.

The only difficult part was finding means of heating water.

The tear of the plastic.

There is no way provided to heat the water.

There is no way to heat your water.

To open the main meal. Never had hot water.

We had no way to heat the water so all food was ate cold.

Where do I get hot water from Jane?

Without a knife forget about opening the entrée. But we always use knives to open MRE's anyways. Otherwise, everything was very user friendly.

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Appendix H. Final Questionnaire: Suggestions.

If you have any suggestions for this ration, please list them below.

Written responses

Add chili powder to some of the meals like the MRE's

Again we need a way to get the meal hot that is included in the bag.

Cut down how much water we have to use. Add a few more snacks to them.

Dehydrated ration use up more water the regular MRE's so it would be better if main meals were hydrated.

Design them not to require hot water to taste good.

Didn't care for the main entrée. Nice additions to everything else

Do not dehydrate the meal. Water is too scarce and heavy to carry. drinking water plus water to prepare the meal. We need chow that can be eaten cold i.e. chicken breast, ham slice.

Easier way to open main entrée, add a way to heat water.

Find a way so they don't take so much water have main meal like and MRE main meal all you got to do is heat.

Have a way to make hot water. Add water level lines to everything. Put all beverages in zipper pouch.

Heat tabs

Heat tabs, Heat tabs, heat tabs

Heaters.

I love the oatmeal it was great. We need something other than hot sauce like mustard. Hamburger's, I love hamburgers America loves hamburgers.

Just water heaters.

Just same method to heat the main meal.

LRP entrée bag needs serrated edge across bag.

Main meals aren't feasible for mission because they take too long and too much to prepare.

Make a reshaped MRE heater I can stick the entrée bag into to heat it after I add water. Most tactical situations do not permit open flames.

Make entrée that can be eaten on the move with no use of water, or at least water that didn't need to be heated.

Make it so the entrée does not need hot water but can taste good with cold. Every time I used cold water the meal was crunchy and hard to eat.

More smaller items to carry on person, 2 drinks per meal.

More zippered pouches should be in the LRP. They are easy to use.

My only qualm is that there was no way to heat the water, heat tabs should be available.

N/A

Need heater, more food (small sacks). Protein shakes, protein bars.

Need to have something to do have hot water.

None they were fine?

On a real mission I think it will take too much water for the dehydrated meals. They may weigh less but we'll have to carry more water.

Overall I think the CRP's are far better than MRE's. However, one meal wasn't sufficient to curb my appetite for more than a few hours and on busy days I ate three entrée's plus other components to keep my energy up and hunger down.

Rice...Not so good.

Some type of heating for meals.

Source of heating the water.

The same as above, make it easier to drink from.

They need heaters

They need to include a way to heat the water and they need to require LESS water to prepare the meals. -Max carry 14-15qts -5 day -desert.

Zippered pouch was a great idea put them in MRE's too.

Appendix I. Meal Cards.

Menu 301. Spicy Oriental Chicken

Name: _____

Please fill in the following information for the foods you eat from this menu.
For each item, mark how many/much of that item you have had from this meal (If "Other", fill in ⑦).
If you added WATER to the item, estimate how much water you used.
Rate how much you LIKE / DISLIKE the item according to the 9-point scale (shown below).

8 oz is equal to a third (1/3) of a canteen cup. 12 oz is equal to half (1/2) a canteen cup.

Dislike Extremely 1		Dislike Very Much 2		Dislike Moderately 3		Dislike Slightly 4		Neither like Nor Dislike 5		Like Slightly 6		Like Moderately 7		Like Very Much 8		Like Extremely 9		
Servings						Water Added		Food Items		Like / Dislike								
0	1/4	1/2	3/4	1	Other amount:	(Oz)												
①	②	③	④	⑤	⑥	_____	_____	1	Spicy Oriental Chicken	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	_____	_____	2	Cracker	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	_____	_____	3	Fig Bar	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	_____	_____	4	Peanut Butter	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	_____	_____	5	Beverage Base	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	_____	_____	6	Cappuccino	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	_____	_____	7	Coffee	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	_____	_____	8	Creamer	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	_____	_____	9	Sugar	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	_____	_____	10	Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	_____	_____	11	Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	_____	_____	12	Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨

- 1a. Which flavor Beverage base did you have?
- 1b. What flavor Cappuccino did you have?
- ① Cherry

② Grape

③ Lemon-lime

④ Other: _____

⑤ Do not know.
- ① French Vanilla

② Mocha

③ Other: _____

④ Other: _____

⑤ Do not know.

2a. Did you break down the menu bag? (Y) (N)

2b. IF YES, did you carry **all** the food items with you? (Y) (N)

2c. IF you did not carry all of the food items with you, which didn't you carry?

(2) _____

3. What did you prepare your beverage(s) in? Please mark the circle and write the beverage on the line.

(0) Did not drink any of my MRE beverages

(1) Ate dry beverage mix: _____

(2) Canteen: _____

(3) Canteen Cup: _____

(4) Cup: _____

(5) Bottle: _____

(6) Zippered bag: _____

(7) Other method: (3) _____ : _____

4. How easy / difficult was it to prepare your beverage(s)?

Did not prepare
beverage.

(0)

Very
Difficult

(1)

Difficult

(2)

Neither Easy
Nor Difficult

(3)

Easy

(4)

Very
Easy

(5)

5. Which foods /beverages did you prepare with hot water? (Please mark all that apply.)

(0) Did not use hot water

(1) Entree (main meal)

(2) Cereal / Ramen noodles

(3) Beverage: (which one) (5) _____

(4) Drank plain (unflavored) hot water

(?) Other (Please list): _____

6. How did you heat water for drinking your beverages and/or preparing this meal? (Please mark all that apply).

(0) Did not heat

(1) Stove

(2) Heat tabs

(3) Hot water available

(?) Other: (6) _____

7. In general, how would you rate your (waking) activity level during this 24 hour period?

Light

(1)

(2)

(3)

(4)

Heavy

(5)

Thank-you.

Menu 302. Beef Stroganoff

Name: _____

Please fill in the following information for the foods you eat from this menu.

For each item, mark how many/much of that item you have had from this meal (If "Other", fill in ②).

If you added WATER to the item, estimate how much water you used.

Rate how much you LIKE / DISLIKE the item according to the 9-point scale (shown below).

8 oz is equal to a third (1/3) of a canteen cup. 12 oz is equal to half (1/2) a canteen cup.

Dislike Extremely 1		Dislike Very Much 2		Dislike Moderately 3		Dislike Slightly 4		Neither like Nor Dislike 5		Like Slightly 6		Like Moderately 7		Like Very Much 8		Like Extremely 9	
---------------------------	--	---------------------------	--	----------------------------	--	--------------------------	--	----------------------------------	--	-----------------------	--	-------------------------	--	------------------------	--	------------------------	--

Servings						Water Added	Food Items	Like / Dislike	
0	1/4	1/2	3/4	1	Other amount:	(Oz)			
①	②	③	④	⑤	⑥	_____	1 Beef Stroganoff	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨	
①	②	③	④	⑤	⑥	_____	2 Sports Bar, Chocolate	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨	
①	②	③	④	⑤	⑥	_____	3 Raisin Nut Mix	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨	
①	②	③	④	⑤	⑥	_____	4 Chuckles	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨	
①	②	③	④	⑤	⑥	_____	5 Cocoa	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨	
①	②	③	④	⑤	⑥	_____	6 Coffee	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨	
①	②	③	④	⑤	⑥	_____	7 Creamer	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨	
①	②	③	④	⑤	⑥	_____	8 Sugar	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨	
①	②	③	④	⑤	⑥	_____	9 Other: _____	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨	
①	②	③	④	⑤	⑥	_____	10 Other: _____	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨	
①	②	③	④	⑤	⑥	_____	11 Other: _____	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨	
①	②	③	④	⑤	⑥	_____	12 Other: _____	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨	

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Please go on to Question 2 →

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2a. Did you break down the menu bag? (Y) (N)

2b. IF YES, did you carry **all** the food items with you? (Y) (N)

2c. IF you did not carry all of the food items with you, which didn't you carry?

(2) _____

3. What did you prepare your beverage(s) in? Please mark the circle and write the beverage on the line.

(0) Did not drink any of my MRE beverages

(1) Ate dry beverage mix: _____

(2) Canteen: _____

(3) Canteen Cup: _____

(4) Cup: _____

(5) Bottle: _____

(6) Zippered bag: _____

(7) Other method: (3) _____ : _____

4. How easy / difficult was it to prepare your beverage(s)?

Did not prepare
beverage.

(0)

Very
Difficult

(1)

Difficult

(2)

Neither Easy
Nor Difficult

(3)

Easy

(4)

Very
Easy

(5)

5. Which foods /beverages did you prepare with hot water? (Please mark all that apply.)

(0) Did not use hot water

(1) Entree (main meal)

(2) Cereal / Ramen noodles

(3) Beverage: (which one) (5) _____

(4) Drank plain (unflavored) hot water

(?) Other (Please list): _____

6. How did you heat water for drinking your beverages and/or preparing this meal? (Please mark all that apply).

(0) Did not heat

(1) Stove

(2) Heat tabs

(3) Hot water available

(?) Other: (6) _____

7. In general, how would you rate your (waking) activity level during this 24 hour period?

Light

(1)

(2)

(3)

(4)

Heavy

(5)

Thank-you.

Menu 303. Sweet & Sour Pork

Name: _____

Please fill in the following information for the foods you eat from this menu.

ID#: _____

For each item, mark how many/much of that item you have had from this meal (If "Other", fill in ②).

Date: _____

If you added WATER to the item, estimate how much water you used.

Rate how much you LIKE / DISLIKE the item according to the 9-point scale (shown below).

8 oz is equal to a third ($\frac{1}{3}$) of a canteen cup. 12 oz is equal to half ($\frac{1}{2}$) a canteen cup.

Dislike						Dislike		Dislike		Dislike		Neither like		Like		Like		Like			
Extremely						Very Much		Moderately		Slightly		Nor Dislike		Slightly		Moderately		Very Much		Extremely	
1						2		3		4		5		6		7		8		9	

Servings						Water Added		Food Items	Like / Dislike
0	$\frac{1}{4}$	$\frac{1}{2}$	$\frac{3}{4}$	1	Other amount:	(Oz)			
①	②	③	④	⑤	⑥	_____	_____	1 Sweet & Sour Pork	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨
①	②	③	④	⑤	⑥	_____	_____	2 Cracker	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨
①	②	③	④	⑤	⑥	_____	_____	3 Ramen Noodles	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨
①	②	③	④	⑤	⑥	_____	_____	4 Peanut Butter	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨
①	②	③	④	⑤	⑥	_____	_____	5 Cappuccino	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨
①	②	③	④	⑤	⑥	_____	_____	6 Coffee	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨
①	②	③	④	⑤	⑥	_____	_____	7 Creamer	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨
①	②	③	④	⑤	⑥	_____	_____	8 Sugar	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨
①	②	③	④	⑤	⑥	_____	_____	9 Other: _____	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨
①	②	③	④	⑤	⑥	_____	_____	10 Other: _____	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨
①	②	③	④	⑤	⑥	_____	_____	11 Other: _____	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨
①	②	③	④	⑤	⑥	_____	_____	12 Other: _____	① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨

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1b. What flavor Cappuccino did you have?

- ①
- ②
- ③
- ④
- ⑤

- ① French Vanilla
- ② Mocha
- ③ Other: _____
- ④ Other: _____
- ⑤ Do not know.

2a. Did you break down the menu bag? (Y) (N)

2b. IF YES, did you carry **all** the food items with you? (Y) (N)

2c. IF you did not carry all of the food items with you, which didn't you carry?

(2) _____

3. What did you prepare your beverage(s) in? Please mark the circle and write the beverage on the line.

(0) Did not drink any of my MRE beverages

(4) Cup: _____

(1) Ate dry beverage mix: _____

(5) Bottle: _____

(2) Canteen: _____

(6) Zippered bag: _____

(3) Canteen Cup: _____

(7) Other method: (3) _____ : _____

4. How easy / difficult was it to prepare your beverage(s)?

Did not prepare
beverage.

Very
Difficult

Difficult

Neither Easy
Nor Difficult

Easy

Very
Easy

(0)

(1)

(2)

(3)

(4)

(5)

5. Which foods /beverages did you prepare with hot water? (Please mark all that apply.)

(0) Did not use hot water

(3) Beverage: (which one) (5) _____

(1) Entree (main meal)

(4) Drank plain (unflavored) hot water

(2) Cereal / Ramen noodles

(?) Other (Please list): _____

6. How did you heat water for drinking your beverages and/or preparing this meal? (Please mark all that apply).

(0) Did not heat

(2) Heat tabs

(1) Stove

(3) Hot water available

(?) Other: (6) _____

7. In general, how would you rate your (waking) activity level during this 24 hour period?

Light

Heavy

(1)

(2)

(3)

(4)

(5)

Thank-you.

Menu 304. Turkey Tetrizzini

Name: _____

Please fill in the following information for the foods you eat from this menu.

ID#: _____

For each item, mark how many/much of that item you have had from this meal (If "Other", fill in (?)).

Date: _____

If you added WATER to the item, estimate how much water you used.

Rate how much you LIKE / DISLIKE the item according to the 9-point scale (shown below).

8 oz is equal to a third ($\frac{1}{3}$) of a canteen cup. 12 oz is equal to half ($\frac{1}{2}$) a canteen cup.

Dislike Extremely 1						Dislike Very Much 2						Dislike Moderately 3						Dislike Slightly 4						Neither like Nor Dislike 5						Like Slightly 6						Like Moderately 7						Like Very Much 8						Like Extremely 9					
Servings												Water Added																																									
0	1/4	1/2	3/4	1	Other amount:	(Oz)	Food Items												Like / Dislike																																		
0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9																
0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9																
0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9																
0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9																
0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9																
0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9																
0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9																
0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9																
0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9																
0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9																
0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9																
0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9																
0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9																
0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9																

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Please go on to Question 2 →

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2a. Did you break down the menu bag? (Y) (N)

2b. IF YES, did you carry **all** the food items with you? (Y) (N)

2c. IF you did not carry all of the food items with you, which didn't you carry?

(2) _____

3. What did you prepare your beverage(s) in? Please mark the circle and write the beverage on the line.

(0) Did not drink any of my MRE beverages

(1) Ate dry beverage mix: _____

(2) Canteen: _____

(3) Canteen Cup: _____

(4) Cup: _____

(5) Bottle: _____

(6) Zippered bag: _____

(7) Other method: (3) _____ : _____

4. How easy / difficult was it to prepare your beverage(s)?

Did not prepare
beverage.

(0)

Very
Difficult

(1)

Difficult

(2)

Neither Easy
Nor Difficult

(3)

Easy

(4)

Very
Easy

(5)

5. Which foods /beverages did you prepare with hot water? (Please mark all that apply.)

(0) Did not use hot water

(1) Entree (main meal)

(2) Cereal / Ramen noodles

(3) Beverage: (which one) (5) _____

(4) Drank plain (unflavored) hot water

(?) Other (Please list): _____

6. How did you heat water for drinking your beverages and/or preparing this meal? (Please mark all that apply).

(0) Did not heat

(1) Stove

(2) Heat tabs

(3) Hot water available

(?) Other: (6) _____

7. In general, how would you rate your (waking) activity level during this 24 hour period?

Light

(1)

(2)

(3)

(4)

Heavy

(5)

Thank-you.

Menu 305. Chicken & Rice

Name: _____

Please fill in the following information for the foods you eat from this menu. ID#: _____

For each item, mark how many/much of that item you have had from this meal (If "Other", fill in ⑦). Date: _____

If you added WATER to the item, estimate how much water you used.

Rate how much you LIKE / DISLIKE the item according to the 9-point scale (shown below).

8 oz is equal to a third (1/3) of a canteen cup. 12 oz is equal to half (1/2) a canteen cup.

Dislike Extremely 1		Dislike Very Much 2		Dislike Moderately 3		Dislike Slightly 4		Neither like Nor Dislike 5		Like Slightly 6		Like Moderately 7		Like Very Much 8		Like Extremely 9		
Servings						Water Added		Food Items		Like / Dislike								
0	1/4	1/2	3/4	1	Other amount:	(Oz)												
①	②	③	④	⑤	⑥	_____	_____	1	Chicken & Rice	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	_____	_____	2	Ramen Noodles	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	_____	_____	3	Chocolate Covered Cookie	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	_____	_____	4	Cocoa	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	_____	_____	5	Coffee	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	_____	_____	6	Orange Beverage	①	②	③	④	⑤	⑥	⑦	⑧	⑨
								7	Creamer	①	②	③	④	⑤	⑥	⑦	⑧	⑨
								8	Sugar	①	②	③	④	⑤	⑥	⑦	⑧	⑨
								9	Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨
								10	Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨
								11	Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨
								12	Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨

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Please go on to Question 2 →

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2a. Did you break down the menu bag? (Y) (N)

2b. IF YES, did you carry **all** the food items with you? (Y) (N)

2c. IF you did not carry all of the food items with you, which didn't you carry?

(2) _____

3. What did you prepare your beverage(s) in? Please mark the circle and write the beverage on the line.

- | | |
|---|-------------------------------------|
| (0) Did not drink any of my MRE beverages | (4) Cup: _____ |
| (1) Ate dry beverage mix: _____ | (5) Bottle: _____ |
| (2) Canteen: _____ | (6) Zippered bag: _____ |
| (3) Canteen Cup: _____ | (7) Other method: (3) _____ : _____ |

4. How easy / difficult was it to prepare your beverage(s)?

- | | | | | | |
|------------------------------|-------------------|-----------|-------------------------------|------|--------------|
| Did not prepare
beverage. | Very
Difficult | Difficult | Neither Easy
Nor Difficult | Easy | Very
Easy |
| (0) | (1) | (2) | (3) | (4) | (5) |

5. Which foods /beverages did you prepare with hot water? (Please mark all that apply.)

- | | |
|----------------------------|--|
| (0) Did not use hot water | (3) Beverage: (which one) (5) _____ |
| (1) Entree (main meal) | (4) Drank plain (unflavored) hot water |
| (2) Cereal / Ramen noodles | (?) Other (Please list): _____ |

6. How did you heat water for drinking your beverages and/or preparing this meal? (Please mark all that apply).

- | | |
|------------------|-------------------------|
| (0) Did not heat | (2) Heat tabs |
| (1) Stove | (3) Hot water available |
| | (?) Other: (6) _____ |

7. In general, how would you rate your (waking) activity level during this 24 hour period?

- | | | | | |
|-------|-----|-----|-----|-------|
| Light | | | | Heavy |
| (1) | (2) | (3) | (4) | (5) |

Thank-you.

Menu 306. Lasagna

Name: _____

Please fill in the following information for the foods you eat from this menu.

ID#: _____

For each item, mark how many/much of that item you have had from this meal (If "Other", fill in (?)).

Date: _____

If you added WATER to the item, estimate how much water you used.

Rate how much you LIKE / DISLIKE the item according to the 9-point scale (shown below).

8 oz is equal to a third ($\frac{1}{3}$) of a canteen cup. 12 oz is equal to half ($\frac{1}{2}$) a canteen cup.

Dislike Extremely 1						Dislike Very Much 2						Dislike Moderately 3						Dislike Slightly 4						Neither like Nor Dislike 5						Like Slightly 6						Like Moderately 7						Like Very Much 8						Like Extremely 9					
Servings												Water Added												Food Items												Like / Dislike																	
0	1/4	1/2	3/4	1	Other amount:	(Oz)																																															
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	1 Lasagna												<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>																
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	2 Raisin Nut Mix												<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>																
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	3 Shortbread Cookies												<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>																
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	4 Toaster Pastry, Unfrosted												<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>																
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	5 Cappuccino												<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>																
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	6 Coffee												<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>																
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	7 Lemon Tea												<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>																
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	8 Creamer												<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>																
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	9 Sugar												<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>																
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	10 Other: _____												<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>																
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	11 Other: _____												<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>																
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	12 Other: _____												<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>																



1b. What flavor Cappuccino did you have?

☐ 1

☐ 1 French Vanilla

☐ 2

☐ 2 Mocha

☐ 3

☐ 3 Other: _____

☐ 4

☐ 4 Other: _____

☐ 5

☐ 5 Do not know.

2a. Did you break down the menu bag? (Y) (N)

2b. IF YES, did you carry **all** the food items with you? (Y) (N)

2c. IF you did not carry all of the food items with you, which didn't you carry?

(2) _____

3. What did you prepare your beverage(s) in? Please mark the circle and write the beverage on the line.

(0) Did not drink any of my MRE beverages

(1) Ate dry beverage mix: _____

(2) Canteen: _____

(3) Canteen Cup: _____

(4) Cup: _____

(5) Bottle: _____

(6) Zippered bag: _____

(7) Other method: (3) _____ : _____

4. How easy / difficult was it to prepare your beverage(s)?

Did not prepare
beverage.

(0)

Very
Difficult

(1)

Difficult

(2)

Neither Easy
Nor Difficult

(3)

Easy

(4)

Very
Easy

(5)

5. Which foods /beverages did you prepare with hot water? (Please mark all that apply.)

(0) Did not use hot water

(1) Entree (main meal)

(2) Cereal / Ramen noodles

(3) Beverage: (which one) (5) _____

(4) Drank plain (unflavored) hot water

(?) Other (Please list): _____

6. How did you heat water for drinking your beverages and/or preparing this meal? (Please mark all that apply).

(0) Did not heat

(1) Stove

(2) Heat tabs

(3) Hot water available

(?) Other: (6) _____

7. In general, how would you rate your (waking) activity level during this 24 hour period?

Light

(1)

(2)

(3)

(4)

Heavy

(5)

Thank-you.

Name: _____

ID#: _____

Date: _____

Date: _____

Date: _____

Date: _____

Dislike Extremely 1		Dislike Very Much 2		Dislike Moderately 3		Dislike Slightly 4		Neither like Nor Dislike 5		Like Slightly 6		Like Moderately 7		Like Very Much 8		Like Extremely 9		
Servings							Water Added											
0	¼	½	¾	1	Other amount:	(Oz)	Food Items	Like / Dislike										
0	○	○	○	○	①	?	_____	1	Beef Stew	①	②	③	④	⑤	⑥	⑦	⑧	⑨
0	○	○	○	○	①	?	_____	2	Tootsie Roll	①	②	③	④	⑤	⑥	⑦	⑧	⑨
0	○	○	○	○	①	?	_____	3	Chocolate Covered Cookie	①	②	③	④	⑤	⑥	⑦	⑧	⑨
0	○	○	○	○	①	?	_____	4	Pound Cake	①	②	③	④	⑤	⑥	⑦	⑧	⑨
0	○	○	○	○	①	?	_____	5	Cider	①	②	③	④	⑤	⑥	⑦	⑧	⑨
0	○	○	○	○	①	?	_____	6	Coffee	①	②	③	④	⑤	⑥	⑦	⑧	⑨
								7	Creamer	①	②	③	④	⑤	⑥	⑦	⑧	⑨
0	○	○	○	○	①	?	_____	8	Sugar	①	②	③	④	⑤	⑥	⑦	⑧	⑨
0	○	○	○	○	①	?	_____	9	Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨
0	○	○	○	○	①	?	_____	10	Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨
0	○	○	○	○	①	?	_____	11	Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨
0	○	○	○	○	①	?	_____	12	Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨

Please go on to Question 2 ➔

- 1
- 2
- 3
- 4
- 5

- 1
- 2
- 3
- 4
- 5

2a. Did you break down the menu bag? (Y) (N)

2b. IF YES, did you carry **all** the food items with you? (Y) (N)

2c. IF you did not carry all of the food items with you, which didn't you carry?

(2) _____

3. What did you prepare your beverage(s) in? Please mark the circle and write the beverage on the line.

(0) Did not drink any of my MRE beverages

(4) Cup: _____

(1) Ate dry beverage mix: _____

(5) Bottle: _____

(2) Canteen: _____

(6) Zippered bag: _____

(3) Canteen Cup: _____

(7) Other method: (3) _____ : _____

4. How easy / difficult was it to prepare your beverage(s)?

Did not prepare
beverage.

Very
Difficult

Difficult

Neither Easy
Nor Difficult

Easy

Very
Easy

(0)

(1)

(2)

(3)

(4)

(5)

5. Which foods /beverages did you prepare with hot water? (Please mark all that apply.)

(0) Did not use hot water

(3) Beverage: (which one) (5) _____

(1) Entree (main meal)

(4) Drank plain (unflavored) hot water

(2) Cereal / Ramen noodles

(?) Other (Please list): _____

6. How did you heat water for drinking your beverages and/or preparing this meal? (Please mark all that apply).

(0) Did not heat

(2) Heat tabs

(1) Stove

(3) Hot water available

(?) Other: (6) _____

7. In general, how would you rate your (waking) activity level during this 24 hour period?

Light

Heavy

(1)

(2)

(3)

(4)

(5)

Thank-you.

Menu 308. Spaghetti & Meat Sauce

Name: _____

Please fill in the following information for the foods you eat from this menu.

ID#: _____

For each item, mark how many/much of that item you have had from this meal (If "Other", fill in (?)).

Date: _____

If you added WATER to the item, estimate how much water you used.

Rate how much you LIKE / DISLIKE the item according to the 9-point scale (shown below).

8 oz is equal to a third (1/3) of a canteen cup. 12 oz is equal to half (1/2) a canteen cup.

Dislike Extremely 1						Dislike Very Much 2						Dislike Moderately 3						Dislike Slightly 4						Neither like Nor Dislike 5						Like Slightly 6						Like Moderately 7						Like Very Much 8						Like Extremely 9																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																								
Servings												Water Added												Food Items												Like / Dislike																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																				
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→ Please go on to Question 2 →

1	1
2	2
3	3
4	4
5	5

2a. Did you break down the menu bag? (Y) (N)

2b. IF YES, did you carry **all** the food items with you? (Y) (N)

2c. IF you did not carry all of the food items with you, which didn't you carry?

(2) _____

3. What did you prepare your beverage(s) in? Please mark the circle and write the beverage on the line.

(0) Did not drink any of my MRE beverages

(4) Cup: _____

(1) Ate dry beverage mix: _____

(5) Bottle: _____

(2) Canteen: _____

(6) Zippered bag: _____

(3) Canteen Cup: _____

(7) Other method: (3) _____ : _____

4. How easy / difficult was it to prepare your beverage(s)?

Did not prepare
beverage.

Very
Difficult

Difficult

Neither Easy
Nor Difficult

Easy

Very
Easy

(0)

(1)

(2)

(3)

(4)

(5)

5. Which foods /beverages did you prepare with hot water? (Please mark all that apply.)

(0) Did not use hot water

(3) Beverage: (which one) (5) _____

(1) Entree (main meal)

(4) Drank plain (unflavored) hot water

(2) Cereal / Ramen noodles

(?) Other (Please list): _____

6. How did you heat water for drinking your beverages and/or preparing this meal? (Please mark all that apply).

(0) Did not heat

(2) Heat tabs

(1) Stove

(3) Hot water available

(?) Other: (6) _____

7. In general, how would you rate your (waking) activity level during this 24 hour period?

Light

Heavy

(1)

(2)

(3)

(4)

(5)

Thank-you.

Menu 309. Beef Teriyaki with Rice

Name: _____

Please fill in the following information for the foods you eat from this menu.

ID#: _____

For each item, mark how many/much of that item you have had from this meal (If "Other", fill in ②).

Date: _____

If you added WATER to the item, estimate how much water you used.

Rate how much you LIKE / DISLIKE the item according to the 9-point scale (shown below).

8 oz is equal to a third (⅓) of a canteen cup. 12 oz is equal to half (½) a canteen cup.

Dislike Extremely 1		Dislike Very Much 2		Dislike Moderately 3		Dislike Slightly 4		Neither like Nor Dislike 5		Like Slightly 6		Like Moderately 7		Like Very Much 8		Like Extremely 9	
Servings							Water Added	Food Items	Like / Dislike								
0	¼	½	¾	1	Other amount:	(Oz)											
①	②	③	④	⑤	⑥	⑦	_____	1 Beef Teriyaki with Rice	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	⑦	_____	2 Cracker	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	⑦	_____	3 Peanut Butter	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	⑦	_____	4 Shortbread Cookies	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	⑦	_____	5 Cider	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	⑦	_____	6 Coffee	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	⑦	_____	7 Creamer	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	⑦	_____	8 Sugar	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	⑦	_____	9 Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	⑦	_____	10 Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	⑦	_____	11 Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	⑦	_____	12 Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨

→

Please go on to Question 2 →

- ①

②

③

④

⑤
- ①

②

③

④

⑤

2a. Did you break down the menu bag? (Y) (N)

2b. IF YES, did you carry **all** the food items with you? (Y) (N)

2c. IF you did not carry all of the food items with you, which didn't you carry?

(2) _____

3. What did you prepare your beverage(s) in? Please mark the circle and write the beverage on the line.

(0) Did not drink any of my MRE beverages

(1) Ate dry beverage mix: _____

(2) Canteen: _____

(3) Canteen Cup: _____

(4) Cup: _____

(5) Bottle: _____

(6) Zippered bag: _____

(7) Other method: (3) _____ : _____

4. How easy / difficult was it to prepare your beverage(s)?

Did not prepare
beverage.

(0)

Very
Difficult

(1)

Difficult

(2)

Neither Easy
Nor Difficult

(3)

Easy

(4)

Very
Easy

(5)

5. Which foods /beverages did you prepare with hot water? (Please mark all that apply.)

(0) Did not use hot water

(1) Entree (main meal)

(2) Cereal / Ramen noodles

(3) Beverage: (which one) (5) _____

(4) Drank plain (unflavored) hot water

(?) Other (Please list): _____

6. How did you heat water for drinking your beverages and/or preparing this meal? (Please mark all that apply).

(0) Did not heat

(1) Stove

(2) Heat tabs

(3) Hot water available

(?) Other: (6) _____

7. In general, how would you rate your (waking) activity level during this 24 hour period?

Light

(1)

(2)

(3)

(4)

Heavy

(5)

Thank-you.

Menu 310. Western Omelet

Name: _____

Please fill in the following information for the foods you eat from this menu.

ID#: _____

For each item, mark how many/much of that item you have had from this meal (If "Other", fill in (?)).

Date: _____

If you added WATER to the item, estimate how much water you used.

Rate how much you LIKE / DISLIKE the item according to the 9-point scale (shown below).

8 oz is equal to a third (1/3) of a canteen cup. 12 oz is equal to half (1/2) a canteen cup.

Dislike Extremely 1						Dislike Very Much 2						Dislike Moderately 3						Dislike Slightly 4						Neither like Nor Dislike 5						Like Slightly 6						Like Moderately 7						Like Very Much 8						Like Extremely 9					
Servings												Water Added																																									
0	1/4	1/2	3/4	1	Other amount:	(Oz)	Food Items												Like / Dislike																																		
0	1/4	1/2	3/4	1	?	_____	1	Western Omelet	1	2	3	4	5	6	7	8	9																																				
0	1/4	1/2	3/4	1	?	_____	2	Cream Of Wheat Cereal	1	2	3	4	5	6	7	8	9																																				
0	1/4	1/2	3/4	1	?	_____	3	Sports Bar, Chocolate	1	2	3	4	5	6	7	8	9																																				
0	1/4	1/2	3/4	1	?	_____	4	Combos (Filled Pretzels)	1	2	3	4	5	6	7	8	9																																				
0	1/4	1/2	3/4	1	?	_____	5	Cocoa	1	2	3	4	5	6	7	8	9																																				
0	1/4	1/2	3/4	1	?	_____	6	Coffee	1	2	3	4	5	6	7	8	9																																				
0	1/4	1/2	3/4	1	?	_____	7	Orange Beverage	1	2	3	4	5	6	7	8	9																																				
0	1/4	1/2	3/4	1	?	_____	8	Creamer	1	2	3	4	5	6	7	8	9																																				
0	1/4	1/2	3/4	1	?	_____	9	Sugar	1	2	3	4	5	6	7	8	9																																				
0	1/4	1/2	3/4	1	?	_____	10	Other: _____	1	2	3	4	5	6	7	8	9																																				
0	1/4	1/2	3/4	1	?	_____	11	Other: _____	1	2	3	4	5	6	7	8	9																																				
0	1/4	1/2	3/4	1	?	_____	12	Other: _____	1	2	3	4	5	6	7	8	9																																				



Please go on to Question 2 →

1

1

2

2

3

3

4

4

5

5

2a. Did you break down the menu bag? (Y) (N)

2b. IF YES, did you carry **all** the food items with you? (Y) (N)

2c. IF you did not carry all of the food items with you, which didn't you carry?

(2) _____

3. What did you prepare your beverage(s) in? Please mark the circle and write the beverage on the line.

- | | |
|---|-------------------------------------|
| (0) Did not drink any of my MRE beverages | (4) Cup: _____ |
| (1) Ate dry beverage mix: _____ | (5) Bottle: _____ |
| (2) Canteen: _____ | (6) Zippered bag: _____ |
| (3) Canteen Cup: _____ | (7) Other method: (3) _____ : _____ |

4. How easy / difficult was it to prepare your beverage(s)?

- | | | | | | |
|------------------------------|-------------------|-----------|-------------------------------|------|--------------|
| Did not prepare
beverage. | Very
Difficult | Difficult | Neither Easy
Nor Difficult | Easy | Very
Easy |
| (0) | (1) | (2) | (3) | (4) | (5) |

5. Which foods /beverages did you prepare with hot water? (Please mark all that apply.)

- | | |
|----------------------------|--|
| (0) Did not use hot water | (3) Beverage: (which one) (5) _____ |
| (1) Entree (main meal) | (4) Drank plain (unflavored) hot water |
| (2) Cereal / Ramen noodles | (?) Other (Please list): _____ |

6. How did you heat water for drinking your beverages and/or preparing this meal? (Please mark all that apply).

- | | |
|------------------|-------------------------|
| (0) Did not heat | (2) Heat tabs |
| (1) Stove | (3) Hot water available |
| | (?) Other: (6) _____ |

7. In general, how would you rate your (waking) activity level during this 24 hour period?

- | | | | | |
|-------|-----|-----|-----|-------|
| Light | | | | Heavy |
| (1) | (2) | (3) | (4) | (5) |

Thank-you.

Menu 311. Eggs with Bacon

Name: _____

Please fill in the following information for the foods you eat from this menu.

ID#: _____

For each item, mark how many/much of that item you have had from this meal (If "Other", fill in⓪).

Date: _____

If you added WATER to the item, estimate how much water you used.

Rate how much you LIKE / DISLIKE the item according to the 9-point scale (shown below).

8 oz is equal to a third (⅓) of a canteen cup. 12 oz is equal to half (½) a canteen cup.

Dislike Extremely 1		Dislike Very Much 2		Dislike Moderately 3		Dislike Slightly 4		Neither like Nor Dislike 5		Like Slightly 6		Like Moderately 7		Like Very Much 8		Like Extremely 9		
Servings						Water Added												
0	¼	½	¾	1	Other amount:	(Oz)	Food Items		Like / Dislike									
⓪	⓪	⓪	⓪	①	⓪	_____	1 Eggs with Bacon		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨									
⓪	⓪	⓪	⓪	①	⓪	_____	2 Oatmeal, Flavored		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨									
⓪	⓪	⓪	⓪	①	⓪	_____	3 Fig Bar		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨									
⓪	⓪	⓪	⓪	①	⓪	_____	4 Raisin Nut Mix		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨									
⓪	⓪	⓪	⓪	①	⓪	_____	5 Cocoa		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨									
⓪	⓪	⓪	⓪	①	⓪	_____	6 Coffee		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨									
⓪	⓪	⓪	⓪	①	⓪	_____	7 Orange Beverage		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨									
⓪	⓪	⓪	⓪	①	⓪	_____	8 Creamer		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨									
⓪	⓪	⓪	⓪	①	⓪	_____	9 Sugar		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨									
⓪	⓪	⓪	⓪	①	⓪	_____	10 Other: _____		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨									
⓪	⓪	⓪	⓪	①	⓪	_____	11 Other: _____		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨									
⓪	⓪	⓪	⓪	①	⓪	_____	12 Other: _____		① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨									

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Please go on to Question 2 →

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⑤

2a. Did you break down the menu bag? (Y) (N)

2b. IF YES, did you carry **all** the food items with you? (Y) (N)

2c. IF you did not carry all of the food items with you, which didn't you carry?

(2) _____

3. What did you prepare your beverage(s) in? Please mark the circle and write the beverage on the line.

(0) Did not drink any of my MRE beverages

(4) Cup: _____

(1) Ate dry beverage mix: _____

(5) Bottle: _____

(2) Canteen: _____

(6) Zippered bag: _____

(3) Canteen Cup: _____

(7) Other method: (3) _____ : _____

4. How easy / difficult was it to prepare your beverage(s)?

Did not prepare
beverage.

Very
Difficult

Difficult

Neither Easy
Nor Difficult

Easy

Very
Easy

(0)

(1)

(2)

(3)

(4)

(5)

5. Which foods /beverages did you prepare with hot water? (Please mark all that apply.)

(0) Did not use hot water

(3) Beverage: (which one) (5) _____

(1) Entree (main meal)

(4) Drank plain (unflavored) hot water

(2) Cereal / Ramen noodles

(?) Other (Please list): _____

6. How did you heat water for drinking your beverages and/or preparing this meal? (Please mark all that apply).

(0) Did not heat

(2) Heat tabs

(1) Stove

(3) Hot water available

(?) Other: (6) _____

7. In general, how would you rate your (waking) activity level during this 24 hour period?

Light

Heavy

(1)

(2)

(3)

(4)

(5)

Thank-you.

Menu 312. Western Omelet

Name: _____

Please fill in the following information for the foods you eat from this menu.

ID#: _____

For each item, mark how many/much of that item you have had from this meal (If "Other", fill in (?)).

Date: _____

If you added WATER to the item, estimate how much water you used.

Rate how much you LIKE / DISLIKE the item according to the 9-point scale (shown below).

8 oz is equal to a third ($\frac{1}{3}$) of a canteen cup. 12 oz is equal to half ($\frac{1}{2}$) a canteen cup.

						Dislike Extremely 1	Dislike Very Much 2	Dislike Moderately 3	Dislike Slightly 4	Neither like Nor Dislike 5	Like Slightly 6	Like Moderately 7	Like Very Much 8	Like Extremely 9			
Servings						Water Added											
0	1/4	1/2	3/4	1	Other amount:	(Oz)	Food Items		Like / Dislike								
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	1 Western Omelet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	2 Oatmeal, Flavored	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	3 M&M's, Peanut Butter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	4 Fudge Brownie	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	5 Cocoa	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	6 Coffee	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	7 Lemon Tea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	8 Creamer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	9 Sugar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	10 Other: _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	11 Other: _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	12 Other: _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Please go on to Question 2 →

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2a. Did you break down the menu bag? (Y) (N)

2b. IF YES, did you carry **all** the food items with you? (Y) (N)

2c. IF you did not carry all of the food items with you, which didn't you carry?

(2) _____

3. What did you prepare your beverage(s) in? Please mark the circle and write the beverage on the line.

(0) Did not drink any of my MRE beverages

(1) Ate dry beverage mix: _____

(2) Canteen: _____

(3) Canteen Cup: _____

(4) Cup: _____

(5) Bottle: _____

(6) Zippered bag: _____

(7) Other method: (3) _____ : _____

4. How easy / difficult was it to prepare your beverage(s)?

Did not prepare
beverage.

(0)

Very
Difficult

(1)

Difficult

(2)

Neither Easy
Nor Difficult

(3)

Easy

(4)

Very
Easy

(5)

5. Which foods /beverages did you prepare with hot water? (Please mark all that apply.)

(0) Did not use hot water

(1) Entree (main meal)

(2) Cereal / Ramen noodles

(3) Beverage: (which one) (5) _____

(4) Drank plain (unflavored) hot water

(?) Other (Please list): _____

6. How did you heat water for drinking your beverages and/or preparing this meal? (Please mark all that apply).

(0) Did not heat

(1) Stove

(2) Heat tabs

(3) Hot water available

(?) Other: (6) _____

7. In general, how would you rate your (waking) activity level during this 24 hour period?

Light

(1)

(2)

(3)

(4)

Heavy

(5)

Thank-you.

Menu 501. Chicken Teriyaki

Name: _____

Please fill in the following information for the foods you eat from this menu.

ID#: _____

For each item, mark how many/much of that item you have had from this meal (If "Other", fill in ⑦).

Date: _____

If you added WATER to the item, estimate how much water you used.

Rate how much you LIKE / DISLIKE the item according to the 9-point scale (shown below).

8 oz is equal to a third ($\frac{1}{3}$) of a canteen cup. 12 oz is equal to half ($\frac{1}{2}$) a canteen cup.

Dislike Extremely 1						Dislike Very Much 2						Dislike Moderately 3						Dislike Slightly 4						Neither like Nor Dislike 5						Like Slightly 6						Like Moderately 7						Like Very Much 8						Like Extremely 9					
Servings												Water Added																																									
0	1/4	1/2	3/4	1	Other amount:	(Oz)	Food Items												Like / Dislike																																		
①	②	③	④	⑤	⑥	_____	_____	1	Chicken Teriyaki	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																			
①	②	③	④	⑤	⑥	_____	_____	2	Ramen Noodles	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																			
①	②	③	④	⑤	⑥	_____	_____	3	Cracker	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																			
①	②	③	④	⑤	⑥	_____	_____	4	Chocolate Peanut Butter	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																			
①	②	③	④	⑤	⑥	_____	_____	5	Beverage Base	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																			
①	②	③	④	⑤	⑥	_____	_____	6	French Vanilla Cappuccino	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																			
①	②	③	④	⑤	⑥	_____	_____	7	Coffee	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																			
①	②	③	④	⑤	⑥	_____	_____	8	Creamer	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																			
①	②	③	④	⑤	⑥	_____	_____	9	Sugar	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																			
①	②	③	④	⑤	⑥	_____	_____	10	Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																			
①	②	③	④	⑤	⑥	_____	_____	11	Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																			
①	②	③	④	⑤	⑥	_____	_____	12	Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																			



Please go on to Question 2 ➔

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2a. Did you break down the menu bag?

(Y) (N)

2b. IF YES, did you carry **all** the food items with you?

(Y) (N)

2c. IF you did not carry all of the food items with you, which didn't you carry?

(2) _____

3. What did you prepare your beverage(s) in? Please mark the circle and write the beverage on the line.

(0) Did not drink any of my MRE beverages

(4) Cup: _____

(1) Ate dry beverage mix: _____

(5) Bottle: _____

(2) Canteen: _____

(6) Zippered bag: _____

(3) Canteen Cup: _____

(7) Other method: (3) _____ : _____

4. How easy / difficult was it to prepare your beverage(s)?

Did not prepare
beverage.

Very
Difficult

Difficult

Neither Easy
Nor Difficult

Easy

Very
Easy

(0)

(1)

(2)

(3)

(4)

(5)

5. Which foods /beverages did you prepare with hot water? (Please mark all that apply.)

(0) Did not use hot water

(3) Beverage: (which one) (5) _____

(1) Entree (main meal)

(4) Drank plain (unflavored) hot water

(2) Cereal / Ramen noodles

(?) Other (Please list): _____

6. How did you heat water for drinking your beverages and/or preparing this meal? (Please mark all that apply).

(0) Did not heat

(2) Heat tabs

(1) Stove

(3) Hot water available

(?) Other: (6) _____

7. In general, how would you rate your (waking) activity level during this 24 hour period?

Light

Heavy

(1)

(2)

(3)

(4)

(5)

Thank-you.

Name: _____

ID#: _____

Date: _____

Date: _____

Date: _____

Date: _____

[illegible]

Please go on to Question 2 →

1	1
2	2
3	3
4	4
5	5

2a. Did you break down the menu bag?

(Y) (N)

2b. IF YES, did you carry **all** the food items with you?

(Y) (N)

2c. IF you did not carry all of the food items with you, which didn't you carry?

(2) _____

3. What did you prepare your beverage(s) in? Please mark the circle and write the beverage on the line.

(0) Did not drink any of my MRE beverages

(4) Cup: _____

(1) Ate dry beverage mix: _____

(5) Bottle: _____

(2) Canteen: _____

(6) Zippered bag: _____

(3) Canteen Cup: _____

(7) Other method: (3) _____ : _____

4. How easy / difficult was it to prepare your beverage(s)?

Did not prepare
beverage.

Very
Difficult

Difficult

Neither Easy
Nor Difficult

Easy

Very
Easy

(0)

(1)

(2)

(3)

(4)

(5)

5. Which foods /beverages did you prepare with hot water? (Please mark all that apply.)

(0) Did not use hot water

(3) Beverage: (which one) (5) _____

(1) Entree (main meal)

(4) Drank plain (unflavored) hot water

(2) Cereal / Ramen noodles

(?) Other (Please list): _____

6. How did you heat water for drinking your beverages and/or preparing this meal? (Please mark all that apply).

(0) Did not heat

(2) Heat tabs

(1) Stove

(3) Hot water available

(?) Other: (6) _____

7. In general, how would you rate your (waking) activity level during this 24 hour period?

Light

Heavy

(1)

(2)

(3)

(4)

(5)

Thank-you.

Name: _____

ID#: _____

Date: _____

[illegible]

Please go on to Question 2 →

- | | |
|---|---|
| 1 | 1 |
| 2 | 2 |
| 3 | 3 |
| 4 | 4 |
| 5 | 5 |

2a. Did you break down the menu bag?

(Y) (N)

2b. IF YES, did you carry **all** the food items with you?

(Y) (N)

2c. IF you did not carry all of the food items with you, which didn't you carry?

(2) _____

3. What did you prepare your beverage(s) in? Please mark the circle and write the beverage on the line.

(0) Did not drink any of my MRE beverages

(4) Cup: _____

(1) Ate dry beverage mix: _____

(5) Bottle: _____

(2) Canteen: _____

(6) Zippered bag: _____

(3) Canteen Cup: _____

(7) Other method: (3) _____ : _____

4. How easy / difficult was it to prepare your beverage(s)?

Did not prepare
beverage.

Very
Difficult

Difficult

Neither Easy
Nor Difficult

Easy

Very
Easy

(0)

(1)

(2)

(3)

(4)

(5)

5. Which foods /beverages did you prepare with hot water? (Please mark all that apply.)

(0) Did not use hot water

(3) Beverage: (which one) (5) _____

(1) Entree (main meal)

(4) Drank plain (unflavored) hot water

(2) Cereal / Ramen noodles

(?) Other (Please list): _____

6. How did you heat water for drinking your beverages and/or preparing this meal? (Please mark all that apply).

(0) Did not heat

(2) Heat tabs

(1) Stove

(3) Hot water available

(?) Other: (6) _____

7. In general, how would you rate your (waking) activity level during this 24 hour period?

Light

Heavy

(1)

(2)

(3)

(4)

(5)

Thank-you.

Menu 504. Chili Mac with Beef

Name: _____

Please fill in the following information for the foods you eat from this menu.

ID#: _____

For each item, mark how many/much of that item you have had from this meal (If "Other", fill in (?)).

Date: _____

If you added WATER to the item, estimate how much water you used.

Rate how much you LIKE / DISLIKE the item according to the 9-point scale (shown below).

8 oz is equal to a third ($\frac{1}{3}$) of a canteen cup. 12 oz is equal to half ($\frac{1}{2}$) a canteen cup.

Dislike Extremely 1		Dislike Very Much 2		Dislike Moderately 3		Dislike Slightly 4		Neither like Nor Dislike 5		Like Slightly 6		Like Moderately 7		Like Very Much 8		Like Extremely 9	
Servings						Water Added											
0	1/4	1/2	3/4	1	Other amount:	(Oz)	Food Items		Like / Dislike								
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	1 Chili Mac with Beef	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	2 Cracker	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	3 Corn Nuts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	4 Pizza Cheese Spread	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	5 Coffee	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	6 Lemon Tea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	7 Sports Drink, Fruit Punch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	8 Creamer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	9 Sugar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	10 Other: _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	11 Other: _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	12 Other: _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Please go on to Question 2 →

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

2a. Did you break down the menu bag?

(Y) (N)

2b. IF YES, did you carry **all** the food items with you?

(Y) (N)

2c. IF you did not carry all of the food items with you, which didn't you carry?

(2) _____

3. What did you prepare your beverage(s) in? Please mark the circle and write the beverage on the line.

(0) Did not drink any of my MRE beverages

(4) Cup: _____

(1) Ate dry beverage mix: _____

(5) Bottle: _____

(2) Canteen: _____

(6) Zippered bag: _____

(3) Canteen Cup: _____

(7) Other method: (3) _____ : _____

4. How easy / difficult was it to prepare your beverage(s)?

Did not prepare
beverage.

Very
Difficult

Difficult

Neither Easy
Nor Difficult

Easy

Very
Easy

(0)

(1)

(2)

(3)

(4)

(5)

5. Which foods /beverages did you prepare with hot water? (Please mark all that apply.)

(0) Did not use hot water

(3) Beverage: (which one) (5) _____

(1) Entree (main meal)

(4) Drank plain (unflavored) hot water

(2) Cereal / Ramen noodles

(?) Other (Please list): _____

6. How did you heat water for drinking your beverages and/or preparing this meal? (Please mark all that apply).

(0) Did not heat

(2) Heat tabs

(1) Stove

(3) Hot water available

(?) Other: (6) _____

7. In general, how would you rate your (waking) activity level during this 24 hour period?

Light

Heavy

(1)

(2)

(3)

(4)

(5)

Thank-you.

Menu 505. Chicken Teriyaki

Name: _____

Please fill in the following information for the foods you eat from this menu.

ID#: _____

For each item, mark how many/much of that item you have had from this meal (If "Other", fill in ②).

Date: _____

If you added WATER to the item, estimate how much water you used.

Rate how much you LIKE / DISLIKE the item according to the 9-point scale (shown below).

8 oz is equal to a third (1/3) of a canteen cup. 12 oz is equal to half (1/2) a canteen cup.

Dislike Extremely 1						Dislike Very Much 2						Dislike Moderately 3						Dislike Slightly 4						Neither like Nor Dislike 5						Like Slightly 6						Like Moderately 7						Like Very Much 8						Like Extremely 9					
Servings												Water Added												Food Items												Like / Dislike																	
0	1/4	1/2	3/4	1	Other amount:		(Oz)																																														
①	②	③	④	⑤	⑥	⑦	_____	_____	1	Chicken Teriyaki	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																		
①	②	③	④	⑤	⑥	⑦	_____	_____	2	Trail Mix	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																		
①	②	③	④	⑤	⑥	⑦	_____	_____	3	Walnettos	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																		
①	②	③	④	⑤	⑥	⑦	_____	_____	4	Cocoa	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																		
①	②	③	④	⑤	⑥	⑦	_____	_____	5	Coffee	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																		
①	②	③	④	⑤	⑥	⑦	_____	_____	6	Orange Beverage	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																		
①	②	③	④	⑤	⑥	⑦	_____	_____	7	Creamer	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																		
①	②	③	④	⑤	⑥	⑦	_____	_____	8	Sugar	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																		
①	②	③	④	⑤	⑥	⑦	_____	_____	9	Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																		
①	②	③	④	⑤	⑥	⑦	_____	_____	10	Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																		
①	②	③	④	⑤	⑥	⑦	_____	_____	11	Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																		
①	②	③	④	⑤	⑥	⑦	_____	_____	12	Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																		



Please go on to Question 2 ➔

①	①
②	②
③	③
④	④
⑤	⑤

2a. Did you break down the menu bag?

(Y) (N)

2b. IF YES, did you carry **all** the food items with you?

(Y) (N)

2c. IF you did not carry all of the food items with you, which didn't you carry?

(2) _____

3. What did you prepare your beverage(s) in? Please mark the circle and write the beverage on the line.

(0) Did not drink any of my MRE beverages

(1) Ate dry beverage mix: _____

(2) Canteen: _____

(3) Canteen Cup: _____

(4) Cup: _____

(5) Bottle: _____

(6) Zippered bag: _____

(7) Other method: (3) _____ : _____

4. How easy / difficult was it to prepare your beverage(s)?

Did not prepare
beverage.

(0)

Very
Difficult

(1)

Difficult

(2)

Neither Easy
Nor Difficult

(3)

Easy

(4)

Very
Easy

(5)

5. Which foods /beverages did you prepare with hot water? (Please mark all that apply.)

(0) Did not use hot water

(1) Entree (main meal)

(2) Cereal / Ramen noodles

(3) Beverage: (which one) (5) _____

(4) Drank plain (unflavored) hot water

(?) Other (Please list): _____

6. How did you heat water for drinking your beverages and/or preparing this meal? (Please mark all that apply).

(0) Did not heat

(1) Stove

(2) Heat tabs

(3) Hot water available

(?) Other: (6) _____

7. In general, how would you rate your (waking) activity level during this 24 hour period?

Light

(1)

(2)

(3)

(4)

Heavy

(5)

Thank-you.

Menu 506. Mexican Rice and Chicken

Name: _____

Please fill in the following information for the foods you eat from this menu.

ID#: _____

For each item, mark how many/much of that item you have had from this meal (If "Other", fill inⓈ).

Date: _____

If you added WATER to the item, estimate how much water you used.

Rate how much you LIKE / DISLIKE the item according to the 9-point scale (shown below).

8 oz is equal to a third (⅓) of a canteen cup. 12 oz is equal to half (½) a canteen cup.

Dislike Extremely 1		Dislike Very Much 2		Dislike Moderately 3		Dislike Slightly 4		Neither like Nor Dislike 5		Like Slightly 6		Like Moderately 7		Like Very Much 8		Like Extremely 9			
Servings							Water Added												
0	¼	½	¾	1	Other amount:		(Oz)	Food Items		Like / Dislike									
⓪	⊙	⊙	⊙	①	Ⓢ	_____	_____	1	Mexican Rice & Chicken	⓪	①	②	③	④	⑤	⑥	⑦	⑧	⑨
⓪	⊙	⊙	⊙	①	Ⓢ	_____	_____	2	Smoked Almonds	⓪	①	②	③	④	⑤	⑥	⑦	⑧	⑨
⓪	⊙	⊙	⊙	①	Ⓢ	_____	_____	3	Ice Cream Sandwich	⓪	①	②	③	④	⑤	⑥	⑦	⑧	⑨
⓪	⊙	⊙	⊙	①	Ⓢ	_____	_____	4	Toaster Pastry, Frosted	⓪	①	②	③	④	⑤	⑥	⑦	⑧	⑨
⓪	⊙	⊙	⊙	①	Ⓢ	_____	_____	5	Coffee	⓪	①	②	③	④	⑤	⑥	⑦	⑧	⑨
⓪	⊙	⊙	⊙	①	Ⓢ	_____	_____	6	Lemon Tea	⓪	①	②	③	④	⑤	⑥	⑦	⑧	⑨
⓪	⊙	⊙	⊙	①	Ⓢ	_____	_____	7	Sports Drink, Orange	⓪	①	②	③	④	⑤	⑥	⑦	⑧	⑨
⓪	⊙	⊙	⊙	①	Ⓢ	_____	_____	8	Creamer	⓪	①	②	③	④	⑤	⑥	⑦	⑧	⑨
⓪	⊙	⊙	⊙	①	Ⓢ	_____	_____	9	Sugar	⓪	①	②	③	④	⑤	⑥	⑦	⑧	⑨
⓪	⊙	⊙	⊙	①	Ⓢ	_____	_____	10	Other: _____	⓪	①	②	③	④	⑤	⑥	⑦	⑧	⑨
⓪	⊙	⊙	⊙	①	Ⓢ	_____	_____	11	Other: _____	⓪	①	②	③	④	⑤	⑥	⑦	⑧	⑨
⓪	⊙	⊙	⊙	①	Ⓢ	_____	_____	12	Other: _____	⓪	①	②	③	④	⑤	⑥	⑦	⑧	⑨

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Please go on to Question 2 →

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- ①

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2a. Did you break down the menu bag?

(Y) (N)

2b. IF YES, did you carry **all** the food items with you?

(Y) (N)

2c. IF you did not carry all of the food items with you, which didn't you carry?

(2) _____

3. What did you prepare your beverage(s) in? Please mark the circle and write the beverage on the line.

(0) Did not drink any of my MRE beverages

(4) Cup: _____

(1) Ate dry beverage mix: _____

(5) Bottle: _____

(2) Canteen: _____

(6) Zippered bag: _____

(3) Canteen Cup: _____

(7) Other method: (3) _____ : _____

4. How easy / difficult was it to prepare your beverage(s)?

Did not prepare
beverage.

Very
Difficult

Difficult

Neither Easy
Nor Difficult

Easy

Very
Easy

(0)

(1)

(2)

(3)

(4)

(5)

5. Which foods /beverages did you prepare with hot water? (Please mark all that apply.)

(0) Did not use hot water

(3) Beverage: (which one) (5) _____

(1) Entree (main meal)

(4) Drank plain (unflavored) hot water

(2) Cereal / Ramen noodles

(?) Other (Please list): _____

6. How did you heat water for drinking your beverages and/or preparing this meal? (Please mark all that apply).

(0) Did not heat

(2) Heat tabs

(1) Stove

(3) Hot water available

(?) Other: (6) _____

7. In general, how would you rate your (waking) activity level during this 24 hour period?

Light

Heavy

(1)

(2)

(3)

(4)

(5)

Thank-you.

Menu 507. Seafood Chowder

Name: _____

Please fill in the following information for the foods you eat from this menu.

ID#: _____

For each item, mark how many/much of that item you have had from this meal (If "Other", fill in (?)).

Date: _____

If you added WATER to the item, estimate how much water you used.

Rate how much you LIKE / DISLIKE the item according to the 9-point scale (shown below).

8 oz is equal to a third ($\frac{1}{3}$) of a canteen cup. 12 oz is equal to half ($\frac{1}{2}$) a canteen cup.

Dislike Extremely 1						Dislike Very Much 2						Dislike Moderately 3						Dislike Slightly 4						Neither like Nor Dislike 5						Like Slightly 6						Like Moderately 7						Like Very Much 8						Like Extremely 9					
Servings												Water Added																																									
0	1/4	1/2	3/4	1	Other amount:	(Oz)	Food Items												Like / Dislike																																		
0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	1 Seafood Chowder												1	2	3	4	5	6	7	8	9													
0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	2 Dairy Bar, Peanut Butter												1	2	3	4	5	6	7	8	9													
0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	3 M&M's												1	2	3	4	5	6	7	8	9													
0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	4 Pound Cake												1	2	3	4	5	6	7	8	9													
0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	5 Cider												1	2	3	4	5	6	7	8	9													
0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	6 Cocoa												1	2	3	4	5	6	7	8	9													
																				7 Coffee												1	2	3	4	5	6	7	8	9													
																				8 Creamer												1	2	3	4	5	6	7	8	9													
																				9 Sugar												1	2	3	4	5	6	7	8	9													
																				10 Other: _____												1	2	3	4	5	6	7	8	9													
																				11 Other: _____												1	2	3	4	5	6	7	8	9													
																				12 Other: _____												1	2	3	4	5	6	7	8	9													

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Please go on to Question 2 →

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⑤

2a. Did you break down the menu bag?

(Y) (N)

2b. IF YES, did you carry **all** the food items with you?

(Y) (N)

2c. IF you did not carry all of the food items with you, which didn't you carry?

(2) _____

3. What did you prepare your beverage(s) in? Please mark the circle and write the beverage on the line.

(0) Did not drink any of my MRE beverages

(1) Ate dry beverage mix: _____

(2) Canteen: _____

(3) Canteen Cup: _____

(4) Cup: _____

(5) Bottle: _____

(6) Zippered bag: _____

(7) Other method: (3) _____ : _____

4. How easy / difficult was it to prepare your beverage(s)?

Did not prepare
beverage.

(0)

Very
Difficult

(1)

Difficult

(2)

Neither Easy
Nor Difficult

(3)

Easy

(4)

Very
Easy

(5)

5. Which foods /beverages did you prepare with hot water? (Please mark all that apply.)

(0) Did not use hot water

(1) Entree (main meal)

(2) Cereal / Ramen noodles

(3) Beverage: (which one) (5) _____

(4) Drank plain (unflavored) hot water

(?) Other (Please list): _____

6. How did you heat water for drinking your beverages and/or preparing this meal? (Please mark all that apply).

(0) Did not heat

(1) Stove

(2) Heat tabs

(3) Hot water available

(?) Other: (6) _____

7. In general, how would you rate your (waking) activity level during this 24 hour period?

Light

(1)

(2)

(3)

(4)

Heavy

(5)

Thank-you.

Menu 508. Chili Mac with Beef

Name: _____

Please fill in the following information for the foods you eat from this menu.

ID#: _____

For each item, mark how many/much of that item you have had from this meal (If "Other", fill in ②).

Date: _____

If you added WATER to the item, estimate how much water you used.

Rate how much you LIKE / DISLIKE the item according to the 9-point scale (shown below).

8 oz is equal to a third (1/3) of a canteen cup. 12 oz is equal to half (1/2) a canteen cup.

Dislike Extremely 1	Dislike Very Much 2	Dislike Moderately 3	Dislike Slightly 4	Neither like Nor Dislike 5	Like Slightly 6	Like Moderately 7	Like Very Much 8	Like Extremely 9											
Servings		Water Added																	
0	1/4	1/2	3/4	1	Other amount:	(Oz)	Food Items		Like / Dislike										
①	②	③	④	⑤	⑥	⑦	⑧	⑨	1	Chili Mac with Beef	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	⑦	⑧	⑨	2	Trail Mix	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	⑦	⑧	⑨	3	Ice Cream Sandwich	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	⑦	⑧	⑨	4	Toaster Pastry, Frosted	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	⑦	⑧	⑨	5	Coffee	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	⑦	⑧	⑨	6	Sports Drink, Lemon-lime	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	⑦	⑧	⑨	7	Creamer	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	⑦	⑧	⑨	8	Sugar	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	⑦	⑧	⑨	9	Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	⑦	⑧	⑨	10	Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	⑦	⑧	⑨	11	Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨
①	②	③	④	⑤	⑥	⑦	⑧	⑨	12	Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨

→ Please go on to Question 2 →

①	①
②	②
③	③
④	④
⑤	⑤

2a. Did you break down the menu bag?

(Y) (N)

2b. IF YES, did you carry **all** the food items with you?

(Y) (N)

2c. IF you did not carry all of the food items with you, which didn't you carry?

(2) _____

3. What did you prepare your beverage(s) in? Please mark the circle and write the beverage on the line.

(0) Did not drink any of my MRE beverages

(1) Ate dry beverage mix: _____

(2) Canteen: _____

(3) Canteen Cup: _____

(4) Cup: _____

(5) Bottle: _____

(6) Zippered bag: _____

(7) Other method: (3) _____ : _____

4. How easy / difficult was it to prepare your beverage(s)?

Did not prepare
beverage.

(0)

Very
Difficult

(1)

Difficult

(2)

Neither Easy
Nor Difficult

(3)

Easy

(4)

Very
Easy

(5)

5. Which foods /beverages did you prepare with hot water? (Please mark all that apply.)

(0) Did not use hot water

(1) Entree (main meal)

(2) Cereal / Ramen noodles

(3) Beverage: (which one) (5) _____

(4) Drank plain (unflavored) hot water

(?) Other (Please list): _____

6. How did you heat water for drinking your beverages and/or preparing this meal? (Please mark all that apply).

(0) Did not heat

(1) Stove

(2) Heat tabs

(3) Hot water available

(?) Other: (6) _____

7. In general, how would you rate your (waking) activity level during this 24 hour period?

Light

(1)

(2)

(3)

(4)

Heavy

(5)

Thank-you.

Menu 509. Beef Teriyaki with Rice

Name: _____

Please fill in the following information for the foods you eat from this menu.

ID#: _____

For each item, mark how many/much of that item you have had from this meal (If "Other", fill in ②).

Date: _____

If you added WATER to the item, estimate how much water you used.

Rate how much you LIKE / DISLIKE the item according to the 9-point scale (shown below).

8 oz is equal to a third ($\frac{1}{3}$) of a canteen cup. 12 oz is equal to half ($\frac{1}{2}$) a canteen cup.

Dislike Extremely 1						Dislike Very Much 2						Dislike Moderately 3						Dislike Slightly 4						Neither like Nor Dislike 5						Like Slightly 6						Like Moderately 7						Like Very Much 8						Like Extremely 9					
Servings												Water Added																																									
0	1/4	1/2	3/4	1	Other amount:	(Oz)	Food Items												Like / Dislike																																		
①	②	③	④	⑤	⑥	_____	1 Beef Teriyaki with Rice	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																					
①	②	③	④	⑤	⑥	_____	2 Cracker	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																					
①	②	③	④	⑤	⑥	_____	3 Peanut Butter	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																					
①	②	③	④	⑤	⑥	_____	4 Shortbread Cookies	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																					
①	②	③	④	⑤	⑥	_____	5 Cider	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																					
①	②	③	④	⑤	⑥	_____	6 Coffee	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																					
①	②	③	④	⑤	⑥	_____	7 Creamer	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																					
①	②	③	④	⑤	⑥	_____	8 Sugar	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																					
①	②	③	④	⑤	⑥	_____	9 Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																					
①	②	③	④	⑤	⑥	_____	10 Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																					
①	②	③	④	⑤	⑥	_____	11 Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																					
①	②	③	④	⑤	⑥	_____	12 Other: _____	①	②	③	④	⑤	⑥	⑦	⑧	⑨																																					



Please go on to Question 2 →

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④

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⑤

2a. Did you break down the menu bag?

(Y) (N)

2b. IF YES, did you carry **all** the food items with you?

(Y) (N)

2c. IF you did not carry all of the food items with you, which didn't you carry?

(2) _____

3. What did you prepare your beverage(s) in? Please mark the circle and write the beverage on the line.

(0) Did not drink any of my MRE beverages

(4) Cup: _____

(1) Ate dry beverage mix: _____

(5) Bottle: _____

(2) Canteen: _____

(6) Zippered bag: _____

(3) Canteen Cup: _____

(7) Other method: (3) _____ : _____

4. How easy / difficult was it to prepare your beverage(s)?

Did not prepare
beverage.

Very
Difficult

Difficult

Neither Easy
Nor Difficult

Easy

Very
Easy

(0)

(1)

(2)

(3)

(4)

(5)

5. Which foods /beverages did you prepare with hot water? (Please mark all that apply.)

(0) Did not use hot water

(3) Beverage: (which one) (5) _____

(1) Entree (main meal)

(4) Drank plain (unflavored) hot water

(2) Cereal / Ramen noodles

(?) Other (Please list): _____

6. How did you heat water for drinking your beverages and/or preparing this meal? (Please mark all that apply).

(0) Did not heat

(2) Heat tabs

(1) Stove

(3) Hot water available

(?) Other: (6) _____

7. In general, how would you rate your (waking) activity level during this 24 hour period?

Light

Heavy

(1)

(2)

(3)

(4)

(5)

Thank-you.

Name: _____

ID#: _____

Date: _____

Date: _____

Date: _____

Date: _____

						Dislike Extremely	Dislike Very Much	Dislike Moderately	Dislike Slightly	Neither like Nor Dislike	Like Slightly	Like Moderately	Like Very Much	Like Extremely					
						1	2	3	4	5	6	7	8	9					
Servings								Water Added											
0	¼	½	¾	1	Other amount:		(Oz)	Food Items			Like / Dislike								
⓪	①	②	③	④	⑤	_____	_____	1	Western Omelet	⓪	①	②	③	④	⑤	⑥	⑦	⑧	⑨
⓪	①	②	③	④	⑤	_____	_____	2	Oatmeal, Flavored	⓪	①	②	③	④	⑤	⑥	⑦	⑧	⑨
⓪	①	②	③	④	⑤	_____	_____	3	Hooah Bar, Cran-Raspberry	⓪	①	②	③	④	⑤	⑥	⑦	⑧	⑨
⓪	①	②	③	④	⑤	_____	_____	4	Corn Nuts	⓪	①	②	③	④	⑤	⑥	⑦	⑧	⑨
⓪	①	②	③	④	⑤	_____	_____	5	Cocoa	⓪	①	②	③	④	⑤	⑥	⑦	⑧	⑨
⓪	①	②	③	④	⑤	_____	_____	6	Coffee	⓪	①	②	③	④	⑤	⑥	⑦	⑧	⑨
								7	Orange Beverage	⓪	①	②	③	④	⑤	⑥	⑦	⑧	⑨
								8	Creamer	⓪	①	②	③	④	⑤	⑥	⑦	⑧	⑨
								9	Sugar	⓪	①	②	③	④	⑤	⑥	⑦	⑧	⑨
								10	Other: _____	⓪	①	②	③	④	⑤	⑥	⑦	⑧	⑨
								11	Other: _____	⓪	①	②	③	④	⑤	⑥	⑦	⑧	⑨
								12	Other: _____	⓪	①	②	③	④	⑤	⑥	⑦	⑧	⑨

Please go on to Question 2 →

- 1
- 2
- 3
- 4
- 5

- 1
- 2
- 3
- 4
- 5

2a. Did you break down the menu bag?

(Y) (N)

2b. IF YES, did you carry **all** the food items with you?

(Y) (N)

2c. IF you did not carry all of the food items with you, which didn't you carry?

(2) _____

3. What did you prepare your beverage(s) in? Please mark the circle and write the beverage on the line.

(0) Did not drink any of my MRE beverages

(4) Cup: _____

(1) Ate dry beverage mix: _____

(5) Bottle: _____

(2) Canteen: _____

(6) Zippered bag: _____

(3) Canteen Cup: _____

(7) Other method: (3) _____ : _____

4. How easy / difficult was it to prepare your beverage(s)?

Did not prepare
beverage.

Very
Difficult

Difficult

Neither Easy
Nor Difficult

Easy

Very
Easy

(0)

(1)

(2)

(3)

(4)

(5)

5. Which foods /beverages did you prepare with hot water? (Please mark all that apply.)

(0) Did not use hot water

(3) Beverage: (which one) (5) _____

(1) Entree (main meal)

(4) Drank plain (unflavored) hot water

(2) Cereal / Ramen noodles

(?) Other (Please list): _____

6. How did you heat water for drinking your beverages and/or preparing this meal? (Please mark all that apply).

(0) Did not heat

(2) Heat tabs

(1) Stove

(3) Hot water available

(?) Other: (6) _____

7. In general, how would you rate your (waking) activity level during this 24 hour period?

Light

Heavy

(1)

(2)

(3)

(4)

(5)

Thank-you.

Menu 511. Eggs with Bacon

Name: _____

Please fill in the following information for the foods you eat from this menu.

ID#: _____

For each item, mark how many/much of that item you have had from this meal (If "Other", fill in (?)).

Date: _____

If you added WATER to the item, estimate how much water you used.

Rate how much you LIKE / DISLIKE the item according to the 9-point scale (shown below).

8 oz is equal to a third (1/3) of a canteen cup. 12 oz is equal to half (1/2) a canteen cup.

Dislike Extremely 1						Dislike Very Much 2						Dislike Moderately 3						Dislike Slightly 4						Neither like Nor Dislike 5						Like Slightly 6						Like Moderately 7						Like Very Much 8						Like Extremely 9					
Servings												Water Added												Food Items												Like / Dislike																	
0	1/4	1/2	3/4	1	Other amount:	(Oz)																																															
0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	1 Eggs with Bacon	1	2	3	4	5	6	7	8	9																								
0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	2 Granola	1	2	3	4	5	6	7	8	9																								
0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	3 Fig Bar	1	2	3	4	5	6	7	8	9																								
0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	4 Dried Fruit, Cranberries	1	2	3	4	5	6	7	8	9																								
0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	5 Cocoa	1	2	3	4	5	6	7	8	9																								
0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	6 Coffee	1	2	3	4	5	6	7	8	9																								
																				7 Dairy Shake, Strawberry	1	2	3	4	5	6	7	8	9																								
																				8 Creamer	1	2	3	4	5	6	7	8	9																								
																				9 Sugar	1	2	3	4	5	6	7	8	9																								
																				10 Other: _____	1	2	3	4	5	6	7	8	9																								
																				11 Other: _____	1	2	3	4	5	6	7	8	9																								
																				12 Other: _____	1	2	3	4	5	6	7	8	9																								



Please go on to Question 2 →

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5

2a. Did you break down the menu bag?

(Y) (N)

2b. IF YES, did you carry **all** the food items with you?

(Y) (N)

2c. IF you did not carry all of the food items with you, which didn't you carry?

(2) _____

3. What did you prepare your beverage(s) in? Please mark the circle and write the beverage on the line.

(0) Did not drink any of my MRE beverages

(4) Cup: _____

(1) Ate dry beverage mix: _____

(5) Bottle: _____

(2) Canteen: _____

(6) Zippered bag: _____

(3) Canteen Cup: _____

(7) Other method: (3) _____ : _____

4. How easy / difficult was it to prepare your beverage(s)?

Did not prepare
beverage.

Very
Difficult

Difficult

Neither Easy
Nor Difficult

Easy

Very
Easy

(0)

(1)

(2)

(3)

(4)

(5)

5. Which foods /beverages did you prepare with hot water? (Please mark all that apply.)

(0) Did not use hot water

(3) Beverage: (which one) (5) _____

(1) Entree (main meal)

(4) Drank plain (unflavored) hot water

(2) Cereal / Ramen noodles

(?) Other (Please list): _____

6. How did you heat water for drinking your beverages and/or preparing this meal? (Please mark all that apply).

(0) Did not heat

(2) Heat tabs

(1) Stove

(3) Hot water available

(?) Other: (6) _____

7. In general, how would you rate your (waking) activity level during this 24 hour period?

Light

Heavy

(1)

(2)

(3)

(4)

(5)

Thank-you.

Menu 512. Western Omelet

Name: _____

Please fill in the following information for the foods you eat from this menu.

ID#: _____

For each item, mark how many/much of that item you have had from this meal (If "Other", fill in (?)).

Date: _____

If you added WATER to the item, estimate how much water you used.

Rate how much you LIKE / DISLIKE the item according to the 9-point scale (shown below).

8 oz is equal to a third (1/3) of a canteen cup. 12 oz is equal to half (1/2) a canteen cup.

Dislike Extremely 1		Dislike Very Much 2		Dislike Moderately 3		Dislike Slightly 4		Neither like Nor Dislike 5		Like Slightly 6		Like Moderately 7		Like Very Much 8		Like Extremely 9	
Servings						Water Added											
0	1/4	1/2	3/4	1	Other amount:	(Oz)	Food Items		Like / Dislike								
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	1 Western Omelet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	2 Granola	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	3 Dairy Bar, Banana Walnut	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	4 M&M's, Peanut Butter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	5 Cocoa	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	6 Coffee	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	7 Lemon Tea	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	8 Creamer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	9 Sugar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	10 Other: _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	11 Other: _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	_____	_____	12 Other: _____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Please go on to Question 2 →

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

2a. Did you break down the menu bag?

(Y) (N)

2b. IF YES, did you carry **all** the food items with you?

(Y) (N)

2c. IF you did not carry all of the food items with you, which didn't you carry?

(2) _____

3. What did you prepare your beverage(s) in? Please mark the circle and write the beverage on the line.

(0) Did not drink any of my MRE beverages

(4) Cup: _____

(1) Ate dry beverage mix: _____

(5) Bottle: _____

(2) Canteen: _____

(6) Zippered bag: _____

(3) Canteen Cup: _____

(7) Other method: (3) _____ : _____

4. How easy / difficult was it to prepare your beverage(s)?

Did not prepare
beverage.

Very
Difficult

Difficult

Neither Easy
Nor Difficult

Easy

Very
Easy

(0)

(1)

(2)

(3)

(4)

(5)

5. Which foods /beverages did you prepare with hot water? (Please mark all that apply.)

(0) Did not use hot water

(3) Beverage: (which one) (5) _____

(1) Entree (main meal)

(4) Drank plain (unflavored) hot water

(2) Cereal / Ramen noodles

(?) Other (Please list): _____

6. How did you heat water for drinking your beverages and/or preparing this meal? (Please mark all that apply).

(0) Did not heat

(2) Heat tabs

(1) Stove

(3) Hot water available

(?) Other: (6) _____

7. In general, how would you rate your (waking) activity level during this 24 hour period?

Light

Heavy

(1)

(2)

(3)

(4)

(5)

Thank-you.

Appendix J. Background Questionnaire.

Background Questionnaire

Last Name: _____ ID#: _____ Date: _____

Thank-you for participating in this evaluation of the Long Range Patrol Food Packet. The following questions are for background information we use to describe groups as a whole. They also help us understand how much overall experience with military rations this unit has had. All of the information you provide will be kept confidential.

Please respond to each question by filling in the circle that corresponds with your answer. Thank-you.

**The following questions are about the Long Range Patrol (LRP) Food Packet.
The LRP consists of one day's worth of dehydrated food in a tan bag.**

1. When was the last time you had the LRP?

- ① Never had the LRP
- ① Within the past 3 years
- ② Longer than 3 years ago

2. How often do you have the LRP in the field?

N/A	Never	Almost Never	Seldom	Half the Time	Often	Almost Always	Always
①	①	②	③	④	⑤	⑥	⑦

3. Please rate how much you like / dislike the LRP.

Never Tried	Dislike Extremely	Very Much	Dislike Moderately	Dislike Slightly	Neither like Nor Dislike	Like Slightly	Like Moderately	Very Much	Like Extremely
①	①	②	③	④	⑤	⑥	⑦	⑧	⑨

Please do not write below this line

Grp ① ② ③

Date ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨
 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨

ID ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨
 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨
 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨

**The questions on this page are about the two versions of cold weather military rations:
the Meal, Cold Weather (MCW) and the Ration, Cold Weather (RCW).**

The **Meal, Cold Weather** is one MEAL's worth of dehydrated food in ONE WHITE bag.

4. When was the last time you had the **Meal, Cold Weather**?

- ① Never had the Meal, Cold Weather
- ② Within the past 3 years
- ③ Longer than 3 years ago

5. How often do you have the Meal, Cold Weather in the field?

- | | | | | | | | |
|----------------|-------|-----------------|--------|------------------|-------|------------------|--------|
| Never
Tried | Never | Almost
Never | Seldom | Half the
Time | Often | Almost
Always | Always |
| ① | ② | ③ | ④ | ⑤ | ⑥ | ⑦ | |

6. Please rate how much you like / dislike the Meal, Cold Weather.

- | | | | | | | | | | |
|-------------|----------------------|--------------|-----------------------|---------------------|-----------------------------|------------------|--------------------|--------------|-------------------|
| Never Tried | Dislike
Extremely | Very
Much | Dislike
Moderately | Dislike
Slightly | Neither like
Nor Dislike | Like
Slightly | Like
Moderately | Very
Much | Like
Extremely |
| ① | ② | ③ | ④ | ⑤ | ⑥ | ⑦ | ⑧ | ⑨ | |

The **Ration, Cold Weather** is one DAY's worth of dehydrated food in TWO WHITE bags.

7. When was the last time you had the **Ration, Cold Weather**?

- ① Never had the Ration, Cold Weather
- ② Within the past 3 years
- ③ Longer than 3 years ago

8. How often do you have the Ration, Cold Weather in the field?

- | | | | | | | | |
|----------------|-------|-----------------|--------|------------------|-------|------------------|--------|
| Never
Tried | Never | Almost
Never | Seldom | Half the
Time | Often | Almost
Always | Always |
| ① | ② | ③ | ④ | ⑤ | ⑥ | ⑦ | |

9. Please rate how much you like / dislike the Ration, Cold Weather.

- | | | | | | | | | | |
|-------------|----------------------|--------------|-----------------------|---------------------|-----------------------------|------------------|--------------------|--------------|-------------------|
| Never Tried | Dislike
Extremely | Very
Much | Dislike
Moderately | Dislike
Slightly | Neither like
Nor Dislike | Like
Slightly | Like
Moderately | Very
Much | Like
Extremely |
| ① | ② | ③ | ④ | ⑤ | ⑥ | ⑦ | ⑧ | ⑨ | |

The following questions are about the Meal, Ready-to-Eat.

10. How often do you have the Meal, Ready-to-Eat in the field?

Never Tried	Never	Almost Never	Seldom	Half the Time	Often	Almost Always	Always
①	②	③	④	⑤	⑥	⑦	⑧

11. Please rate how much you like / dislike the Meal, Ready-to-Eat.

Never Tried	Dislike Extremely	Very Much	Dislike Moderately	Dislike Slightly	Neither like Nor Dislike	Like Slightly	Like Moderately	Very Much	Like Extremely
①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩

12. What keeps you from drinking the MRE beverages? (Mark all that apply.)

- | | |
|--|-------------------------------|
| ① Nothing, I drink them whenever I want to. | ⑥ Not enough water available. |
| ② Do not have the time to make the beverage. | ⑦ No hot water available. |
| ③ Do not have time to drink the beverage. | ⑧ No way to heat water. |
| ④ Do not want to clean my canteen cup. | ⑨ Other reason |
| ⑤ Do not like the beverage. | ✎ Please explain: _____ |

13. Using the following scale, please rate how much you like / dislike the MRE beverages.

	Never Tried	Dislike Extremely	Dislike Very Much	Dislike Moderately	Dislike Slightly	Neither like Nor Dislike	Like Slightly	Like Moderately	Like Very Much	Like Extremely
a Apple Cider	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
b Bev Base	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
c Cappuccino	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
d Cocoa	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
e Coffee	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
f Dairy Shakes	①	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩

g Lemon Tea ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨

14. When you do use an MRE beverage, how often do you hydrate (add water to) it?

	Never Use Bev	Never Add water	Almost Never	Seldom Add water	Half the Time	Often Add water	Almost Always	Always Add water
a Apple Cider	①	②	③	④	⑤	⑥	⑦	
b Bev Base	①	②	③	④	⑤	⑥	⑦	
c Cappuccino	①	②	③	④	⑤	⑥	⑦	
d Cocoa	①	②	③	④	⑤	⑥	⑦	
e Coffee	①	②	③	④	⑤	⑥	⑦	
f Dairy Shakes	①	②	③	④	⑤	⑥	⑦	
g Lemon Tea	①	②	③	④	⑤	⑥	⑦	

15. In general, how often are you issued **bottled water** during Field Training Exercises?

N/A	Never	Almost Never	Seldom	Half the Time	Often	Almost Always	Always
①	②	③	④	⑤	⑥	⑦	

16. In general, how often are you issued **bottled water** during Real-World Deployments?

N/A	Never	Almost Never	Seldom	Half the Time	Often	Almost Always	Always
①	②	③	④	⑤	⑥	⑦	

The following questions are for background information we use to describe groups as a whole.

All of the information you provide will be kept confidential.

17. What is your current rank? (For example: If you are an E-3, fill in the ③ on the “Enlisted” line.)

Enlisted	①	②	③	④	⑤	⑥	⑦	⑧	⑨
Warrant Officer	①	②	③	④	⑤	⑥	⑦	⑧	⑨

Officer

①

②

③

④

⑤

⑥

⑦

⑧

⑨

18. What is your age?

_____ years

① ①

② ②

③ ③

④ ④

⑤ ⑤

⑥ ⑥

⑦ ⑦

⑧ ⑧

⑨ ⑨

19. How long have you been in the Armed Services?

_____ years

_____ months

① ①

② ②

③ ③

④ ④

⑤ ⑤

⑥ ⑥

⑦ ⑦

⑧ ⑧

⑨ ⑨

① ①

② ②

③ ③

④ ④

⑤ ⑤

⑥ ⑥

⑦ ⑦

⑧ ⑧

⑨ ⑨

20. How long have you been stationed in Germany?

_____ years

_____ months

① ①

② ②

③ ③

④ ④

⑤ ⑤

⑥ ⑥

⑦ ⑦

⑧ ⑧

⑨ ⑨

① ①

② ②

③ ③

④ ④

⑤ ⑤

⑥ ⑥

⑦ ⑦

⑧ ⑧

⑨ ⑨

21. What is your primary MOS?

Number: ➤ _____

Description: ➤ _____

22. What is your gender?

Ⓜ Male

ⓕ Female

23. Optional: Which race(s) do you belong to? (Please mark all that apply.)

① American Indian/Alaskan Native

② Asian/Pacific Islander

③ Black

④ Hispanic

⑤ White

⑥ Other (Please specify): ➤ _____

⑦ Choose not to respond.

Please do not write below this line

Q23 0 1 2 3 4 5 6 7 8 9
0 1 2 3 4 5 6 7 8 9

24. In what part of the United States did you live the longest before the age of 16?

- ① Middle Atlantic NJ, NY, PA, DE, MD
② Mountain ID, WY, CO, MT, AZ, NM, UT, NV
③ New England ME, NH, VT, MA, CT, RI
④ North Central OH, IN, IL, MI, WI, MN, IA, MO, ND, SD, NE, KS
⑤ Pacific WA, OR, CA, AK, HI
⑥ South Atlantic DC, VA, WV, NC, SC, GA, FL
⑦ South Central KY, TN, AL, MS, AR, LA, OK, TX
⑧ Other US Puerto Rico, US Virgin Islands, Guam, Am Samoa, N Mariana
⑨ Other (Please specify): _____

25. Have you participated in any of the following military operations? (Please mark all that apply.)

- | | |
|--------------------------|------------------------------|
| ① None | ⑤ Operation Enduring Freedom |
| ② Bosnia | ⑥ Operation Iraqi Freedom |
| ③ Kosovo | ⑦ Panama |
| ④ Operation Desert Storm | ⑧ Somalia |
| ⑤ Other | |

☛(Please specify operation or location): _____

THANK-YOU for completing our survey.

Please do not write below this line

Q24 0 1 2 3 4 5 6 7 8 9
0 1 2 3 4 5 6 7 8 9

Q25 0 1 2 3 4 5 6 7 8 9
0 1 2 3 4 5 6 7 8 9

Appendix K. Final Questionnaire.

Final Questionnaire

Last Name: _____ ID#: _____ Date: _____

Thank-you for participating in this evaluation of the LRP. In the following questionnaire you will be asked about your experience with the LRP and your overall opinion of the meals you ate for the past 3 days. **Your opinions are very important in determining any changes that will be made to the LRP.** Your answers will be kept confidential.

Please read each question carefully and mark you answers by completely filling in the bubbles.

1. During this exercise, at what times did you usually eat your LRP meals? Please mark all that apply.

- ① At specified meal times imposed by command.
- ② At specified meal times by my own choice.
- ③ Throughout the day, as time permitted.

2. Please rate how satisfied or dissatisfied you are with each of the following aspects of the LRP.

	Extremely Dissatisfied	Very	Moderately	Slightly	Neutral	Slightly	Moderately	Very	Extremely Satisfied
1. Ease of preparation	①	②	③	④	⑤	⑥	⑦	⑧	⑨
2. Taste	①	②	③	④	⑤	⑥	⑦	⑧	⑨
3. Appearance of food	①	②	③	④	⑤	⑥	⑦	⑧	⑨
4. Amount of food in a meal	①	②	③	④	⑤	⑥	⑦	⑧	⑨
5. Time to prepare	①	②	③	④	⑤	⑥	⑦	⑧	⑨
6. Number of breakfast items	①	②	③	④	⑤	⑥	⑦	⑧	⑨

Please do not write below this line

Grp ① ② ③

ID ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨
 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨
 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨

Date ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨
 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨

3. How easy or difficult was it for you to obtain potable water during this exercise?

Very Difficult	Difficult	Neither Easy Nor Difficult	Easy	Very Easy
①	②	③	④	⑤

4. How often were you able to get enough water to prepare the LRP dehydrated foods and beverages?

Never Tried	Never	Almost Never	Seldom	Half the Time	Often	Almost Always	Always
①	①	②	③	④	⑤	⑥	⑦

5. When preparing the entree (main meal), did you **always** add water to the entree bag? (Y) (N)

✎ If NO, how did you prepare the entree, instead?

- ① Ate entree dry.
- ② Mixed entree and water together in canteen cup.
- ③ Other (Please explain): ✎ _____

6. How often did you eat an unprepared (dry) entree?

Never	Almost Never	Seldom	Half the Time	Often	Almost Always	Always
①	②	③	④	⑤	⑥	⑦

7. If you ate an unprepared (dry) entree at least once, why did you eat it that way? (Please mark all that apply.)

- | | |
|--|-------------------------------|
| ① Never ate an unprepared (dry) entree. | ④ Tastes better dry. |
| ② Did not have the time to prepare the entree. | ⑤ Not enough water available. |
| ③ Too busy to sit down for a meal. | ⑥ No hot water available. |
| ⑦ The prepared entree is too messy. | ⑦ No way to heat water. |

Q5 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨
 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨

8. Overall, how easy or difficult was it to do the following things.

	Never Tried	Very Difficult	Difficult	Neither Easy Nor Difficult	Easy	Very Easy
1. Open the LRP bag	①	②	③	④	⑤	⑥
2. Open the LRP entree (main meal)	①	②	③	④	⑤	⑥
3. Measure the water for the entree	①	②	③	④	⑤	⑥
4. Add water to the entree	①	②	③	④	⑤	⑥
5. Mix hot water into the entree	①	②	③	④	⑤	⑥
6. Mix cold water into the entree	①	②	③	④	⑤	⑥
7. Eat from the entree bag	①	②	③	④	⑤	⑥
8. Add water to the cereal bag	①	②	③	④	⑤	⑥
9. Mix the water into the cereal	①	②	③	④	⑤	⑥
10. Eat from the cereal bag	①	②	③	④	⑤	⑥
11. Add water to the Ramen bag	①	②	③	④	⑤	⑥
12. Mix the water into the Ramen	①	②	③	④	⑤	⑥
13. Eat from the Ramen bag	①	②	③	④	⑤	⑥
14. Open other LRP items	①	②	③	④	⑤	⑥
15. Heat water	①	②	③	④	⑤	⑥
16. Follow instructions	①	②	③	④	⑤	⑥

9. If using the LRP was at all difficult, please explain what caused the difficulty.

10. Who heated the water you used to prepare foods and beverages? (Please mark all that apply.)

- ① I never had heated water.
- ② I heated water for myself.
- ③ I heated water both for myself and others.
- ④ A member of the group heated water for me.
- ⑤ Hot water was available.
- ⑥ Other: (Please explain): ✎ _____

11. How often did you open the LRP and found that the entree (main meal) had lost its vacuum?

- | | | | | | | |
|-------|-----------------|--------|------------------|-------|------------------|--------|
| Never | Almost
Never | Seldom | Half the
Time | Often | Almost
Always | Always |
| ① | ② | ③ | ④ | ⑤ | ⑥ | ⑦ |

12. Did you have any problems with the following aspects of the entree (main meal) bag?

If YES, please explain the problem:

- | | | |
|--------------|--------|-------------|
| Tear notches | ①
② | → (a) _____ |
| Size of bag | ③
④ | → (b) _____ |

Please do not write below this line

Q10 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨
 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨

Q12a ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨
 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨

Q12b ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨
 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨

13a. Was the entree (main meal) bag ever damaged so that it would not hold water? (Y) (N)

13b. If YES, when did the damage occur?

- (1) Was already damaged when I opened the LRP.
- (2) Was damaged when I tore the entree/main meal open
- (3) Other (Please explain):

→ _____

14. When opening the entree (main meal) bag, did you ever spill the entree?

Never	Almost Never	Seldom	Half the Time	Often	Almost Always	Always
(1)	(2)	(3)	(4)	(5)	(6)	(7)

15. While eating your meal, how often did you spill the entree (prepared or unprepared)?

a. Prepared entree:

Never	Almost Never	Seldom	Half the Time	Often	Almost Always	Always
(1)	(2)	(3)	(4)	(5)	(6)	(7)

b. Unprepared (dry) entree:

Never	Almost Never	Seldom	Half the Time	Often	Almost Always	Always
(1)	(2)	(3)	(4)	(5)	(6)	(7)

Please do not write below this line

Q13 (0) (1) (2) (3) (4) (5) (6) (7) (8) (9)
 (0) (1) (2) (3) (4) (5) (6) (7) (8) (9)

16a. Which ENTREES (if any) would you like to see dropped from the LRP?

- | | |
|--|---|
| <input type="radio"/> None ₁ | <input type="radio"/> Lasagna ₉ |
| <input type="radio"/> Beef Stew ₂ | <input type="radio"/> Mexican Rice & Chicken ₁₀ |
| <input type="radio"/> Beef Stroganoff ₃ | <input type="radio"/> Seafood Chowder ₁₁ |
| <input type="radio"/> Beef Teriyaki with Rice ₄ | <input type="radio"/> Spaghetti & Meat Sauce ₁₂ |
| <input type="radio"/> Chicken & Rice ₅ | <input type="radio"/> Spicy Oriental Chicken ₁₃ |
| <input type="radio"/> Chicken Teriyaki ₆ | <input type="radio"/> Sweet & Sour Pork with Rice ₁₄ |
| <input type="radio"/> Chili Mac with Beef ₇ | <input type="radio"/> Turkey Tetrizzini ₁₅ |
| <input type="radio"/> Eggs with Bacon ₈ | <input type="radio"/> Western Omelet ₁₆ |

16b. Which STARCHES (if any) would you like to see dropped from the LRP?

- ☐ None ₁
- ☐ Cracker ₂
- ☐ Cream Of Wheat Cereal ₃
- ☐ Granola cereal ₄
- ☐ Oatmeal ₅
- ☐ Ramen Noodles ₆

16c. Which of the following SWEETS (if any) would you like to see dropped from the LRP?

- | | |
|---|---|
| <input type="radio"/> None ₁ | <input type="radio"/> Chocolate Covered Cookie ₈ |
| <input type="radio"/> Chuckles ₂ | <input type="radio"/> Shortbread Cookies ₉ |
| <input type="radio"/> M&M's ₃ | <input type="radio"/> Ice Cream Sandwich ₁₀ |
| <input type="radio"/> M&M's, Peanut Butter ₄ | <input type="radio"/> Pound Cake ₁₁ |
| <input type="radio"/> Tootsie Roll ₅ | <input type="radio"/> Toaster Pastry, Unfrosted ₁₂ |
| <input type="radio"/> Walnettos ₆ | <input type="radio"/> Toaster Pastry, Frosted ₁₃ |
| <input type="radio"/> Fudge Brownie ₇ | |

16d. Which of the following SNACKS (if any) would you like to see dropped from the LRP?

- | | |
|--|---|
| <input type="radio"/> None ₁ | <input type="radio"/> Dried Fruit, Cranberries ₉ |
| <input type="radio"/> Dairy Bar, Banana Walnut ₂ | <input type="radio"/> Raisin Nut Mix ₁₀ |
| <input type="radio"/> Dairy Bar, Peanut Butter ₃ | <input type="radio"/> Trail Mix ₁₁ |
| <input type="radio"/> Fig Bar ₄ | <input type="radio"/> Smoked Almonds ₁₂ |
| <input type="radio"/> Hooah Bar, Cran-Raspberry ₅ | <input type="radio"/> Cheese Spread ₁₃ |
| <input type="radio"/> Sports Bar, Chocolate ₆ | <input type="radio"/> Pizza Cheese Spread ₁₄ |
| <input type="radio"/> Combos (Filled Pretzels) ₇ | <input type="radio"/> Peanut Butter ₁₅ |
| <input type="radio"/> Corn Nuts ₈ | <input type="radio"/> Chocolate Peanut Butter ₁₆ |

16e. Which of the following BEVERAGES (if any) would you like to see dropped from the LRP?

- | | |
|---|---|
| <input type="radio"/> None ₁ | <input type="radio"/> Coffee ₈ |
| <input type="radio"/> Beverage Base ₂ | <input type="radio"/> Dairy Shake, Strawberry ₉ |
| <input type="radio"/> Beverage, Orange (Fortified) ₃ | <input type="radio"/> Lemon Tea ₁₀ |
| <input type="radio"/> Cappuccino, French Vanilla ₄ | <input type="radio"/> Sports Drink, Fruit Punch ₁₁ |
| <input type="radio"/> Cappuccino, Mocha ₅ | <input type="radio"/> Sports Drink, Lemon-lime ₁₂ |
| <input type="radio"/> Cider ₆ | <input type="radio"/> Sports Drink, Orange ₁₃ |
| <input type="radio"/> Cocoa ₇ | |

17. Are there any items you would like to see ADDED to the LRP? ☐ Y ☐ N

➤ If YES, what would you like to have? (Please be realistic.)

18. How much do you like / dislike the packages the LRP beverages came in?

	Dislike Extremely	Very Much	Dislike Moderately	Dislike Slightly	Neutral	Like Slightly	Like Moderately	Very Much	Like Extremely
Regular bev packet	①	②	③	④	⑤	⑥	⑦	⑧	⑨
Zippered pouch	①	②	③	④	⑤	⑥	⑦	⑧	⑨

19. Please rate how easy / difficult it is to PREPARE the beverages packaged in the following ways.

	Did not use	Very Difficult	Difficult	Neither Easy Nor Difficult	Easy	Very Easy
Regular bev packet	①	②	③	④	⑤	⑥
Zippered pouch	①	②	③	④	⑤	⑥

20. Please rate how easy / difficult it is to DRINK the beverages packaged in the following ways.

	Did not use	Very Difficult	Difficult	Neither Easy Nor Difficult	Easy	Very Easy
Regular bev packet	①	②	③	④	⑤	⑥
Zippered pouch	①	②	③	④	⑤	⑥

21. When your beverage was in a zippered pouch (designed for mixing and drinking your beverage), did you ever drink your beverage directly from the pouch?

Ⓨ Yes Ⓝ No ⓓ Did not receive zippered pouch

➤ If NO, how did you drink your beverage? _____

Q21 ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨
① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨

22. When your beverage was in a zippered pouch, did you ever heat a hot beverage in the pouch or add hot water to the pouch? Please mark all that apply.

- ① Never used the zippered pouch.
- ② No, only had cool beverages in the zippered pouch.
- ③ Yes, added hot water to the zippered pouch.
- ④ Yes, heated the beverage while it was in the pouch.
- ✎ What did you use to heat the pouch? _____
- ⑤ Other (Please explain): _____

23. Do you have any recommendations for improving the zippered beverage pouch? (Y) (N)

 ✎ If YES, please explain: _____

24. If you could recommend one of these beverage packages to the Army for the LRP beverages, which would you choose?

- ✎ Please choose only ONE:
- | | |
|----------------|----------------|
| Regular packet | Zippered pouch |
| ① | ② |

25. If you have any suggestions to improve this ration, please write them below.

Thank-you for participating in this evaluation
of the Long Range Patrol Food Packet.

Q22

①②③④⑤⑥⑦⑧⑨

(3)

①②③④⑤⑥⑦⑧⑨

Q23

①②③④⑤⑥⑦⑧⑨

①②③④⑤⑥⑦⑧⑨

Q22

①②③④⑤⑥⑦⑧⑨

(4)

①②③④⑤⑥⑦⑧⑨

